

Life Flora

300 mg, 120 capsules

Item Catalog Number: 00263

These friendly intestinal bacteria also aid the digestive process, reducing the need for enzymes and helping to check the overgrowth of harmful bacteria that can generate toxins. These beneficial bacteria (also called probiotics) are thought to have several presumably beneficial effects on immune function by increasing the number of IgA-producing plasma cells and helping to maintain healthy immune cell function.

When beneficial intestinal bacteria are destroyed, digestive problems, poor absorption of food and nutrients, and generation of toxins by harmful intestinal bacteria may occur. The bacteria contained in Life Flora™ can help recolonize and balance the GI tract with beneficial bacteria, helping to end digestive problems and hinder the growth of harmful, toxic bacteria.⁸²⁻¹¹⁸

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 120

Amount Per Serving

Life Flora™ Mix

300 mg

(approximately 3,000,000,000 viable cells at the time of encapsulation)

Containing: *Bifidobacterium lactis*, *Lactobacillus acidophilus*, *Bifidobacterium longum*, *Lactobacillus paracasei subsp. paracasei*, *Streptococcus thermophilus*.

Other ingredients: gelatin (capsule), dibasic calcium phosphate, magnesium stearate.

Dosage and Use

- One capsule with meals three times daily for four or five days, then once daily, or as recommended by a healthcare practitioner.
- Refrigerate after opening, and for storage in warm weather.
- If you are pregnant or breastfeeding, consult your healthcare practitioner before using this product.

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