

Ultimate Flora Critical Care

PRODUCT KNOWLEDGE SHEET

WHAT IS ULTIMATE FLORA CRITICAL CARE?

Ultimate Flora Critical Care is a 50 billion culture, 10 strain probiotic formula designed for treating chronic intestinal ailments in both the small and large intestine, such as I.B.S., Crohn's, Colitis, and chronic Candida overgrowth.

HOW IS IT DELIVERED?

Ultimate Flora Critical Care includes 10 strains of powdered probiotics which are contained in vegetable capsules. The capsules are sprayed with a unique, water based enteric coating. This coating protects the probiotics from the acidic environment in the stomach, yet still allows them to populate in the intestinal tract.



WHAT DOES IT DO?

Ultimate Flora Critical Care's blend of 10 beneficial bacteria help ensure a healthy microbacterial environment in the intestinal tract.

The term 'probiotic' means supporting life. Probiotics are friendly, beneficial bacteria. These bacteria (as well as others) are normal inhabitants of the large and small intestines. Probiotics are a very important part of a healthy digestive system. Recent research shows that probiotics help improve gastrointestinal functions, respiratory and allergy responses, as well as help to counter the negative effects of antibiotic use. Probiotics support the immune system, balance the intestinal environment and inhibit the growth of pathogenic organisms (ex. *Candida albicans*). Further, these beneficial bacteria help the body to 1) produce vitamins, 2) digest foods, and 3) control overgrowth of bad bacteria and fungus.

Probiotics normally present a barrier to invading organisms. However when they are impaired through stress, illness, antibiotics treatment, or changes to the diet, they can be disrupted. Bifidobacteria are known to be involved in resisting the colonization of pathogens in the large bowel. Adherence of *Lactobacillus acidophilus* and bifidobacteria to the cell wall of the intestines has been shown to prevent pathogens such as *E-coli*, *salmonella* & *Yersina pseudotuberculosis* (Macfarlane & Cummings).

HOW DOES IT WORK?

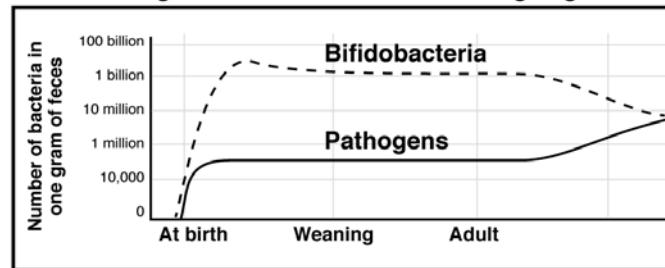
There are over 500 different types of bacteria in the digestive system; the two most prevalent are *Lactobacilli* and *Bifidobacterium*. *Bifidobacterium* are the most prevalent bacteria in the large intestine, while *Lactobacilli* are the most prevalent in the small intestine. As we age, studies show that our levels of *Bifidobacterium* decline, while harmful pathogenic bacteria increase. This is one of the main reasons that intestinal ailments increase as we age.

Ultimate Flora Critical Care contains therapeutic levels of both *Lactobacilli* and *Bifidobacterium*, making it the most complete and effective probiotic supplement on the market. Each capsule provides 30 billion active cultures of *Bifidobacterium* and 20 billion active cultures of *Lactobacilli* and *Lactococcus*.

Ultimate Flora Critical Care is the only encapsulated probiotic formula that can guarantee significant quantities of the probiotics contained will survive past the harsh, acidic environment of the stomach and arrive alive in the intestinal tract. Using a unique, water based enteric coating, we ensure that the probiotics are protected, yet still able to populate in the intestinal tract.



Change in Intestinal Bacteria with Ageing.



HOW DO I TAKE IT?

Adults & Adolescents: Take 1 capsule per day, approximately 2 hours after food.

WHAT CAN I EXPECT?

Ultimate Flora Critical Care is a therapeutic strength, multi strain probiotic supplement formulated for chronic intestinal problems. As such, you can expect to see a reduction in symptoms over weeks of use. Ultimate Flora may be used alongside other Renew Life products to treat the problem more thoroughly.

Once your chronic condition is under control, you may wish to switch from Ultimate Flora Critical Care, to our FloraSMART or FloraSMART Extra Strength product which can be used daily for maintenance.

Brenda Watson

Naturopathic Doctor, Certified Nutritional Consultant, and Colon Therapist

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What does it contain?

ULTIMATE FLORA CRITICAL CARE

There are two major types of probiotics, autochthonous (resident / indigenous) and allochthonous (transient) species. Resident strains are naturally found in the human intestine. They re-establish and adhere to the intestinal tract to repair the body's intestinal flora (beneficial bacterial balance).

Transient strains are found outside of the human intestinal system, but are extremely beneficial in maintaining its health. They are found living symbiotically on plants including many vegetables (if they have not been destroyed by pesticides). They do not re-establish in the intestinal tract, therefore it is necessary to consume them by either eating organic vegetables or take supplements. They provide numerous health benefits as they pass through the digestive tract.

Resident strains

Bifidobacterium bifidum

Studies show that disturbances of intestinal flora in connection with peristalsis disorders and liver problems are usually related to the restriction or disappearance of *B. bifidum*. It has the ability to protect the body against the devastation of rotavirus diarrhea and it modifies the gut flora and is a supportive therapy for intestinal infections and intestinal disturbances. Even more importantly, immune strengthening properties have been reported in the American Journal of Clinical Nutrition especially in relation to colon health and its suppressive effect on tumors. It reports that *B. bifidum* is well tolerated without side effects, reducing the inflammatory response of the colon and stimulating the body's fluid immunity.

Lactobacillus acidophilus

The predominant friendly bacteria in the upper intestinal tract. It helps reduce the levels of harmful bacteria and yeasts in the small intestine and also produces lactase, an enzyme which is important in the digestion of milk. Acidophilus is involved in the production of B vitamins (niacin, folic acid, and pyridoxine) during the digestive process. This is the most prevalent strain in the body.

Bifidobacterium breve

Helps decrease intestinal permeability, improves intestinal microflora, and has a positive effect on the intestinal immune system.

Bifidobacterium longum

Helps in the formation of lactic acid along with small amounts of formic acid. These acids lower the PH of the intestines, thereby making the region undesirable for harmful bacteria. It is also a substantial producer of B vitamins.

Lactobacillus salivarius

Is useful in helping impair the growth and activity of harmful pathogenic bacteria, including *H. pylori* and *salmonella*. It also helps break down undigested protein and disengage the toxins produced by protein putrefaction.

Transient strains

Lactobacillus casei

Inhibits growth of *E.coli*, as well as being effective against urinary tract infections.

Lactobacillus fermentum

Is capable of releasing glutathione and has been shown to prevent colonic inflammation such as colitis in animal studies.

Lactobacillus plantarum

Is an excellent alternative to antibiotics, and makes use of its potential to block receptor sites for gram-negative bacteria. *L. plantarum* is capable of metabolizing semi-resistant fibres, such as onion, garlic, artichoke, wheat, oat, rye, bananas, and yeast. It is also an important tool in antimicrobial defense and its effect both against extra- and intercellular pathogens.

Lactobacillus rhamnosus

It is useful for the inhibition of vaginal and urinary tract infections. It helps the body resist pathogenic bacteria and viruses, and prevents rotoviral or *Clostridium difficile* induced diarrhea.

Ultimate Flora Critical Care Each capsule contains

Bifidobacterium bifidum (HA-132)	25 Billion
Lactobacillus acidophilus (HA-122)	10 Billion
Lactobacillus casei (HA-108)	8.875 Billion
Bifidobacterium breve (HA-129)	4 Billion
Bifidobacterium longum (HA-135)	1 Billion
Lactobacillus rhamnosus (HA-III)	250 Million
Lactobacillus rhamnosus (HA-114)	250 Million
Lactobacillus plantarum (HA-119)	250 Million
Lactobacillus fermentum (HA-179)	250 Million
Lactobacillus salivarius (HA-118)	125 Million

Non-medicinal Ingredients: Vegetable capsule (Hypromellose, water), aqueous enteric coating, FOS (fructooligosaccharides)

Excipients: None

Contains no yeast, wheat, corn, gluten, salt, additives or preservatives.

This product has come into contact with milk and soy from fermentation ingredients. Do not use this product if you have a milk or soy allergy.

Warning: Do not use if you are experiencing nausea, fever, vomiting, bloody diarrhea or severe abdominal pain. Do not use if you have an immune-compromised health condition (ie. AIDS, lymphoma). Discontinue use and consult a health care practitioner if symptoms of digestive upset occur, worsen, or persist beyond 3 days. Keep out of reach of children. Requires refrigeration. Do not expose to heat.

References:

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