

## Human Microflora Probiotics: A Gold Standard

Probiotics (“Pro”-for and “biotics”-life) are designed to restore the life-giving and life-protecting bacterial environment inside the gut. The wide array of beneficial bacteria in the gut are essential to a powerful immune system, healthy digestion, healthy blood vessels, and optimal cellular health.

Surgeries involving general anesthesia, colonoscopy, serious illness, prolonged antibiotics, chemotherapy, chronic gut inflammation, or chronic food allergies (gluten, dairy, or soy) are some of the conditions that seriously alter the balance of healthy gut flora. Dr. Matt Brown recommends a three month probiotic program to restore a balanced intestinal environment. His top choice is the British company, Human Microflora, marketed in the U.S. by Genestra. Dr. Nigel Plummer, PhD, world renown microbiologist, and his colleagues at Human Microflora have developed a line of probiotics derived from human bacterial strains which have been tested in clinical trials to ensure safety and efficacy. The three phase program of HMF Replete, Forte and Intensive represents a gold standard in the industry.

### Directions for taking HMF Probiotics

Phase one consists of two containers of HMF Replete at 1/2 packet daily, at least 75 billion CFU (**C**olony **F**orming **U**nits) of lactobacilli and bifidobacteria per day. The higher potency of HMF replete may be associated with gas the first few days but usually clears quickly. Just in case gas is an issue, Dr. Brown recommends taking HMF replete with the evening meal. This first 28-day phase lays a powerful foundation for reestablishing a healthy gut environment. HMF forte, phase two, is in capsule form and is either two capsules twice daily or four capsules at one time with food for the second month and represents 40 billion CFU of lactobacilli and bifidobacteria per day. HMF Intensive, the final phase, is one capsule daily with food and represents 25 billion CFU per day. Depending on chronic digestive or autoimmune issues HMF Intensive can be taken for a longer period of time or even indefinitely.

Compare HMF probiotics in potency to Activia, which contains at most 100 *million* CFU of *food derived* probiotic bacteria (not human strains) per serving. See common probiotic brands in Table 1. Notice that per billion CFU of bacteria HMF probiotics are a great value!

HMF replete contains crystalline apricot nectar and should be mixed with 4-8 ounces of room temperature water for ideal mixing. For those with chronic constipation, HMF replete can be started at a full packet per day and can also be used for more than a month if necessary. For those with more sensitive digestion, HMF replete can be started at ¼ packet per day.

HMF probiotics should be taken with food and stored in a refrigerator but can be kept at room temperature for travel. Ideally HMF probiotics should not be exposed to temperatures above 80 degrees for a prolonged period.

Please contact Dr. Brown at [info@nutridoc.com](mailto:info@nutridoc.com) for any further questions. Until further notice, please contact my office at 828-262-3212 between 8 AM to 12 PM, Monday through Thursday, to order HMF products.

**Table 1-Probiotic Comparison\***

<b>Brand</b>	<b>Bacteria</b>	<b>CFU</b>	<b>Price</b>	<b>Price per Billion CFU per day</b>
HMF Replete (strictly gluten, dairy and soy free)	Human Strains of Lactobacilli and Bifidobacteria	75 billion CFU per day (½ packet per day)	\$61.27/month (including tax)**	\$0.030 per billion CFU/day
HMF Forte (strictly gluten, dairy and soy free)	“ “	40 billion CFU per day (four capsules per day)	\$48.84/month (including tax)**	\$0.041 per billion CFU/day
HMF Intensive (strictly gluten, dairy and soy free)	“ “	25 billion CFU per day (one capsule per day)	\$32.19/month (including tax)**	\$0.043 per billion CFU/day
Activia yogurt per serving (dairy based)	Food strains of lactobacilli	100 <i>million</i> CFU per container	\$0.60 per serving	\$6 per billion CFU/day (10 containers)
Phillips Colon Health (dairy and gluten free)	Mixed strains of human and non- human lactobacilli and bifidobacteria	1.5 billion per capsule (one capsule per day)	\$31.99 (retail cost, <i>not including tax</i> )	\$0.71 per billion CFU/day
TruBiotics (Contains Dairy)	Probable human strains	1.5 billion per capsule (one capsule per day)	\$19.99 (retail cost, <i>not including tax</i> )	\$0.44 per billion CFU/day
Culturelle (not strictly dairy and gluten free)	Lactobacillus GG (source??)	10 billion per capsule (one capsule per day)	\$28.99 (retail cost, <i>not including tax</i> )	\$.096 per billion CFU/day

**\*By no means does this table represent an exhaustive list of probiotics! There are certainly other top quality brands from healthcare professionals that are probably in a similar price range. Most of the over-the-counter products are relatively low potency and not derived from human strains of beneficial bacteria but often cost as much or more than the higher quality products offered through healthcare professionals.**

**\*\*This is the approximate cost plus North Carolina sales tax. The total cost of the three month program including tax and shipping from the company is \$152.05.**