



NORDICFLORA **PROBIOTIC Immune Health** Support for immune and respiratory health*

- ✓ Supports respiratory health*
- ✓ Promotes a healthy immune response*
- ✓ Enhances intestinal barrier function*
- ✓ Promotes immune cell responsiveness*
- ✓ Provides prebiotic FOS to promote probiotic viability*
- ✓ No refrigeration required
- ✓ Certified Vegan

Nordic® Flora Probiotic Immune Health is a blend of fifteen probiotic strains with 60 billion cultures to support respiratory wellness and a healthy immune response.* Additionally, this formula provides prebiotic FOS to promote probiotic viability and support beneficial microbes naturally present in the gut.* Taken daily, this probiotic supports the body's natural immune mechanisms and a healthy microbiome.*

- 15 strains with 60 billion cultures in just one capsule
- Supports nutrient absorption and the body's defense against harmful molecules and bacteria



Frequently Asked Questions

Q: What is CFU, and how is it related to probiotic dosage?

A: CFU stands for colony forming unit and estimates the number of viable bacteria in a sample.¹ In theory, a higher CFU means a greater number of microbes capable of establishing themselves in the intestines for a probiotic effect. For this reason, products with a higher CFU generally deliver a higher dose of probiotics than products with lower CFUs.

Q: This formula contains significantly more CFU than some of the other formulas in the Nordic Flora line. Does this mean they are more effective?

A: While it may be tempting to assume that a larger CFU automatically translates to greater probiotic benefits, this is not necessarily the case for every individual or health indication. Most studies show that 10-20 million CFU are adequate for probiotic benefits, however, larger CFUs may be more suitable for individuals requiring significant support and/or seeking relief from certain health conditions.²⁻⁵

Q: What makes these probiotics shelf stable?

A: Nordic Flora probiotics are carefully formulated using a blend of hardy strains in a dormant state, and stored in a desiccant-lined bottle for superior protection. These strains are encapsulated using superior low-moisture capsules which further promotes stability until consumption. Once the strains are exposed to moisture in the digestive tract they become active once again.

Q: How should these probiotics be stored?

A: These probiotics should be stored in a cool, dry place at room temperature or below. Please refrigerate if necessary to avoid exposure to temperatures above 74°F (23°C). Keep the bottle tightly closed when not in use.

Q: What is FOS, and why is it included in this formula?

A: FOS (*Fructooligosaccharide*) is a prebiotic fiber from chicory root that serves as a substrate for microbe attachment. It also acts as food for probiotic bacteria in the large intestine and can help improve the viability of probiotics when taken together.⁶

Q: How should I take these probiotics?

A: Research suggests that *lactobacillus* and *bifidobacterium* strains survive best when taken up to 30 minutes before a meal.⁷ For this reason, we recommend taking one capsule in the morning, with or before a meal.

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 30

Amount Per Serving		% Daily Value**
Nordic Flora Immune Health Blend	196 mg	†
Total Probiotic Cultures	60 billion CFU*	†
<i>Lactobacillus acidophilus</i> La-14		
<i>Lactobacillus plantarum</i> Lp-115		
<i>Lactobacillus casei</i> Lc-11		
<i>Lactobacillus paracasei</i> Lpc-37		
<i>Lactobacillus brevis</i> Lbr-35		
<i>Lactococcus lactis</i> Ll-23		
<i>Bifidobacterium lactis</i> Bl-04		
<i>Bifidobacterium bifidum</i> Bb-06		
<i>Lactobacillus rhamnosus</i> GG		
<i>Lactobacillus gasseri</i> Lg-36		
<i>Bifidobacterium bifidum/lactis</i> Bb-02		
<i>Bifidobacterium lactis</i> Bl-07		
<i>Bifidobacterium lactis</i> HN019		
<i>Bifidobacterium lactis</i> B420		
<i>Lactobacillus rhamnosus</i> HN001		
FOS (Fructooligosaccharides)	20 mg	†

**Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

* Minimum colony-forming units (CFU) at time of manufacturing.

Other Ingredients: capsule (vegetable cellulose), microcrystalline cellulose, L-leucine, silica.

No gluten, milk derivatives, or artificially derived colors or flavors

30 Capsules



Flavor	Item Number	UPC Code	Capsules Per Bottle	Days of Use	Case Qty	Unit W" x H"	Case L" x W" x H"	Unit lbs.	Case lbs.	MSRP	WS
Unflavored	01684	7 68990 01684 4	30	30	12	2.25 x 2.25 x 4	9.375 x 7 x 4.125	0.14	1.91	\$49.95	\$29.97

References:

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- Pandey KR, et al. J Food Sci Technol. 2015. 52(12): p. 7577-7587.
- Tompkins TA, et al. Benef Microbes. 2011. 2(4): p. 295-303.

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* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

