



NORDICFLORA

PROBIOTIC Maximum Care

High-intensity support for digestive and immune wellness*

- ✓ Helps alleviate intestinal bloating*
- ✓ Positively affects the immune system both directly and indirectly*
- ✓ Provides prebiotic FOS to promote probiotic viability*
- ✓ Promotes gastrointestinal comfort and regularity*
- ✓ Promotes a healthy immune response*
- ✓ Enhances intestinal barrier function*
- ✓ Supports stool regularity*
- ✓ No refrigeration required
- ✓ Certified Vegan

Nordic® Flora Maximum Care is a blend of eleven probiotic strains with 90 billion cultures to provide high CFU support for a healthy immune response and optimal intestinal function.* Providing 90 billion CFU in just one capsule, this high-quality probiotic helps alleviate digestive discomfort and supports regularity.* Additionally, this formula provides prebiotic FOS to promote probiotic viability and support beneficial microbes naturally present in the gut.*

- 11 probiotic strains with 90 billion cultures in just one capsule
- Featuring research-backed *Lactobacillus acidophilus* NCFM*



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**	
Sodium	10 mg	<1%	
Nordic Flora Maximum Care Blend	288 mg	†	
Total Probiotic Cultures	90 billion CFU*	†	
<i>Lactobacillus brevis</i> Lbr-35			
<i>Lactobacillus casei</i> Lc-11			
<i>Lactobacillus acidophilus</i> La-14			
<i>Lactobacillus plantarum</i> Lp-115			
<i>Lactobacillus paracasei</i> Lpc-37			
<i>Lactococcus lactis</i> Ll-23			
<i>Bifidobacterium lactis</i> Bl-04			
<i>Lactobacillus acidophilus</i> NCFM			
<i>Bifidobacterium bifidum/lactis</i> Bb-02			
<i>Lactobacillus rhamnosus</i> GG			
<i>Bifidobacterium lactis</i> HN019			
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	01685	7 68990 01685 1	30	30	12	2.25 x 2.25 x 4	9.375 x 7 x 4.125	0.15	2.08	\$59.95	\$35.97

References:

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- 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.

