

Ultimate Flora Critical Care



What is Ultimate Flora Critical Care?

Ultimate Flora Critical Care is a 50 billion culture, 10 strain probiotic formula designed for those who have chronic digestive issues, those who want to boost their immune systems and those who are using or have recently used antibiotics.

Renew Life has a number of different probiotics. Please consult the chart below to find the formula best suited for your specific condition:



Ultimate Flora Ultra Potent 100 Billion	<ul style="list-style-type: none"> You have severe digestive issues You have completed multiple rounds of antibiotics You want the strongest probiotic available
Ultimate Flora Colon Care 80 Billion	<ul style="list-style-type: none"> You suffer from a bowel disorder such as colitis or I.B.S. You have chronic constipation and/or diarrhea
Ultimate Flora Critical Care 50 Billion	<ul style="list-style-type: none"> You want a high potency daily use probiotic You are using or have recently used antibiotics You have chronic digestive issues You want to boost your immune system
Ultimate Flora VS 50 Billion	<ul style="list-style-type: none"> You have chronic yeast infections or candida overgrowth You are a woman who suffers from recurring infections in the urogenital tract
FloraSMART Extra Strength 6 Billion *No refrigeration required	<ul style="list-style-type: none"> You are travelling and want to protect yourself against parasites and travellers' diarrhea You have digestive issues that are under control
FloraSMART 2 Billion *No refrigeration required	<ul style="list-style-type: none"> You are looking for an everyday probiotic for the maintenance of good digestive health

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
- 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 probiotics use a unique delivery system that protects the bacteria past the harsh, acidic environment of the stomach. This ensures that the beneficial bacteria arrive alive in the intestinal tract where they are able to populate.

How do I take it?

Adults, adolescents, and children \geq 6 year old: Take one capsule per day. If you are on antibiotics, take at least 2-3 hours before or after.

What Can I Expect?

Ultimate Flora Critical Care is a therapeutic strength, multi strain probiotic supplement formulated for chronic digestive issues. 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.



What does it contain?

There are two major types of probiotics, resident strains and transient strains. 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). These are commonly referred to as "human strain" bacteria.

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.

Bifidobacterium breve

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

Bifidobacterium longum subsp. 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 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.

Lactobacillus casei

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

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.

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 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.

Ultimate Flora Critical Care

Each capsule contains

Bifidobacterium bifidum (HA-132) - Whole Cell	25 Billion CFU
Lactobacillus acidophilus (HA-122) - Whole Cell	10 Billion CFU
Lactobacillus casei (HA-108) - Whole Cell	8.875 Billion CFU
Bifidobacterium breve (HA-129) - Whole Cell	4 Billion CFU
Bifidobacterium longum subsp. longum (HA-135) - Whole Cell	1 Billion CFU
Lactobacillus rhamnosus (HA-111) - Whole Cell	250 Million CFU
Lactobacillus rhamnosus (HA-114) - Whole Cell	250 Million CFU
Lactobacillus plantarum (HA-119) - Whole Cell	250 Million CFU
Lactobacillus fermentum (HA-179) - Whole Cell	250 Million CFU
Lactobacillus salivarius (HA-118) - Whole Cell	125 Million CFU

Non-medicinal Ingredients: Vegetable capsule (Hypromellose, water), aqueous enteric coating (sodium alginate, stearic acid, hypromellose, water, ethylcellulose, medium chain triglycerides, oleic acid), FOS (fructooligosaccharides), stearic acid, palmitic acid, ascorbic acid

Contains no nuts, peanuts, sesame seeds, mustard seeds, wheat, gluten, yeast, corn, egg, crustaceans, shellfish, fish, artificial colour or preservatives, or fillers.

Allergen Warning: 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.

Renew Life does not use genetically modified ingredients. All ingredients are NON-GMO / GMO-FREE.

Warning: Consult a health care practitioner prior to use if you have fever, vomiting, bloody diarrhea or severe abdominal pain. Discontinue use and consult a health care practitioner if symptoms of digestive upset (e.g. diarrhea) occur, worsen, or persist beyond 3 days. Do not use if you have an immune-compromised condition (e.g. AIDS, lymphoma, patients undergoing long-term corticosteroid treatment). Keep out of reach of children. Requires refrigeration. Do not expose to heat. Potency guaranteed at expiry.

References:

- Asahara T., Nomoto K., Watanuki M., Yokokura T. (2001) Antimicrobial activity of intraurethrally administered probiotic *Lactobacillus casei* in a murine model of *Escherichia coli* urinary tract infection. *Antimicrobial Agents Chemotherapy* Jun;45(6):1751-60.
- Balch, P.A. and Balch, J.F. (2000). Prescription for Nutritional Healing 3rd Edition. New York, NY: Avery.
- Berry, Donna. (2003). Reducing Microbes. Food Product Design. 1-10.
- Macfarlane, G.T. & Cummings John H. (1999). Probiotics and prebiotics: can regulating the activities of intestinal bacteria benefit health? *British Medical Journal*, 318 999-1003.
- Pascual, M., Hugas, M., Badiola, J.L., Monfort, J.M., Garriga, M., (1999) *Lactobacillus salivarius* CTC2197 prevents *Salmonella enteritidis* colonization in chickens. *Environmental Microbiology* Nov;65(11):4981-6
- Peran L, Camuesco D, Comalada M, Nieto A, Concha A, Adrio JL, Olivares M, Xaus J, Zarzuelo A, Galvez J (2006) *Lactobacillus fermentum*, a probiotic capable to release glutathione, prevents colonic inflammation in the TNBS model of rat colitis *Int J Colorectal Dis.* Dec;21(8):737-46. Epub 2005 Jul 29
- Probiotics Organisms, Innvista.
- Reid G. Lawson Research Institute, University of Western Ontario. (2002). The role of cranberry and probiotics in intestinal and urogenital tract health. *Critical Review Food Science Nutrition* 42 (3 Suppl). 293-300
- Reuter, Gerhard (2001) The *Lactobacillus* and *Bifidobacterium* Microflora of the Human Intestine: Composition and Succession. *Curr. Issues Intest. Microbiol.* 2(2): 43-53.
- Salminen, Seppo, (2001) Human Studies on probiotics: Aspects of scientific documentation. *Scandinavian Journal of Nutrition* Vol 45. 8-12

WANT MORE INFORMATION ABOUT PROBIOTICS?

Visit www.renewlife.ca



Quality Assured - Renew Life Canada
8-1273 North Service Road East, Oakville, On, L6H 1A7
Questions? Please call 1-800-485-0960