



PLUS DOUBLE STRENGTH

- ✓ Balanced gut health
- ✓ Maintain the balance of good gut bacteria
- ✓ Support gastrointestinal health and digestive function
- ✓ Maintain general health and wellbeing
- ✓ Support healthy immunity

INGREDIENTS:

Each capsule contains 50 Billion Live Bacteria:
Lactobacillus acidophilus (NCFM®) 25 Billion
Bifidobacterium lactis (Bi-07) 25 Billion

NCFM® is a registered trademark of DuPont.

CLINICAL FOCUS:

- Everyday gut health
- Stronger relief for gut discomfort^{1,2}
- History of gut symptoms
- Optimise gut microbial balance

KEY FORMULA FEATURES:

- Twice as strong as Inner Health Plus
- 100% researched probiotic strains
- NCFM® and Bi-07 researched in combination^{2,4,5,3}
- NCFM® and Bi-07 formulated at condition specific dose¹

PROFESSIONAL PRESCRIBING GUIDELINES:

Dosage & Directions

Adults: Take 1 capsule daily, or as directed by a healthcare professional.

No added: Artificial flavouring, colouring or preservatives.

Free from: Gluten, wheat, dairy, lactose, corn, eggs, nuts and yeast.

Interactions: for information on medication interactions with this product, call our Clinical Support Team on 1800 777 648.

Pregnancy: Limited/unavailable research. A review did not identify any concerns for use during pregnancy, however safety has not been conclusively established in humans.

Breastfeeding: Appropriate for use.⁶

HCP COUNSELLING QUESTIONS

How long should I take Inner Health Plus Double Strength before I can expect a reduction in my gut symptoms?

Research suggests gut symptoms will improve within a 14 day time period.⁵ When taking Inner Health Plus Double Strength, symptomatic relief will differ on an individual basis.

How is Inner Health Plus different to Inner Health Plus Double Strength?

The specific probiotic strains in the original Inner Health Plus, *Lactobacillus acidophilus* (NCFM®) and *Bifidobacterium lactis* (Bi-07) have now been doubled to reflect new research and for ease of dosing when certain customers require a higher strength option.

Can I take this formula with antibiotics?

Yes, you can take Inner Health Plus Double Strength with antibiotics. Separate doses by 2 hours. If you're looking to take a probiotic to help with symptoms associated with antibiotics we recommend Inner Health Restore-Biotic.

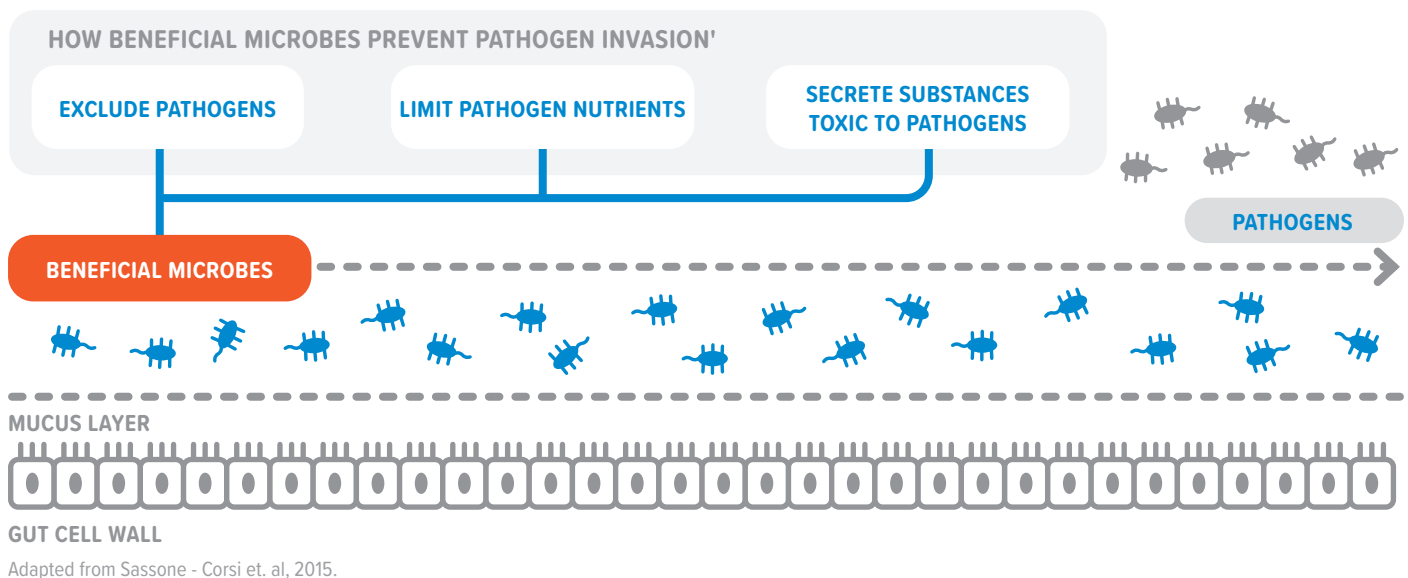
Should it be taken with food?

Inner Health Plus Double Strength can be taken with or without food.

Can I take Inner Health Plus Double Strength everyday?

Yes, Inner Health Plus Double Strength can be taken every day to support your general wellbeing and overall gut health.

BENEFICIAL BACTERIA PREVENT PATHOGEN INFILTRATION



ACTIONS:

- Everyday gut health
- Optimise gut microbial balance
- Restore gut health following poor lifestyle and dietary choices

Optimise gut microbial balance

Gastrointestinal related symptoms vary in type, such as, bloating, distention, flatulence, indigestion, heartburn, diarrhoea and constipation. Causative factors range from acute infection, food intolerances, stress, diet and lifestyle choices to various concomitant health conditions. When disruption to gut flora (dysbiosis) occurs, key commensal bacteria are displaced making individuals more susceptible to pathogenic organisms such as, Escherichia, Salmonella and Clostridium.⁷

NCFM® and Bi-07 have both been studied and shown to successfully support many general digestive related symptoms, including preventing disruption to core bacterial groups and facilitating restoration if disruption occurs.¹

Restore gut health following poor dietary and lifestyle choices

Unhealthy dietary and lifestyle choices, including diets low in fibrous fruits and vegetables and a sedentary lifestyle; can leave healthy bowel microflora without adequate nutrition. Symptoms can develop as a result of inadequate prebiotic fibre consumption and low gut transit time, including constipation. Research suggests NCFM® can modulate gut transit time and a restoration of gut health in populations affected by these changes.⁸



Further information is available at metagenicspharmacyacademy.com.au

References

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4. Goldsmith J, Uronis J, Jobin C. Mu opioid signalling protects against acute murine intestinal injury in a manner involving Stat3 signalling. Am J Pathol. 2011; 179(2): p. 673-83.
5. D'Souza B, Slack T, Wang S. Randomized, controlled trial of probiotics after colonoscopy. ANZ J Surg. 2015 Jul.
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7. Sassone-Corsi M, Raffatellu M. No vacancy: how beneficial microbes cooperate with immunity to provide colonization resistance to pathogens. J Immunol. 2015; 194(9): p. 4081-87.
8. Magro D, de Oliveira L, Bernasconi I, de Souza Ruela M, Creddio L, Barcelos I, et al. Effect of yoghurt containing polydextrose, Lactobacillus acidophilus NCFM® and Bifidobacterium lactis HN019: a randomized, double-blind, controlled study in chronic constipation. Nutr J. 2014; 13.