



# Clinically Effective Probiotics Guide

Scientifically researched probiotics for your patients' digestive complaints.



Product	Indications	Formula	Clinical Evidence	Dosage	Highlights
 <b>MICROBIOME RESTORATION AND WELLBEING</b>					
 <p><b>Ultra Flora Intensive Care</b> Available in 30 or 60 capsules</p>	<ul style="list-style-type: none"> <li>Maintains healthy mucous lining in the digestive system.</li> <li>Helps maintain microbiome during antibiotic use.</li> <li>Helps restore microbiome after antibiotic use.</li> </ul>	<p>Each capsule contains:</p> <p><i>Lactobacillus rhamnosus</i> (LGG®) 10 billion CFU <i>Saccharomyces cerevisiae</i> (boulardii) (SB) 7.5 billion CFU <i>Bifidobacterium animalis ssp lactis</i> (BB-12®) 5 billion CFU</p>	<p>A dose of 15 billion CFU (750 mg)/day of SB can help inhibit pathogenic organism growth, thus mitigating antibiotic associated diarrhoea.<sup>1</sup> LGG® and BB-12® also support microbiome restoration after antibiotic use, and suppress pathogen growth, even when undergoing Triple Therapy.<sup>2</sup></p> <p>BB-12® and LGG® also support the gut epithelial mucosa via the preservation of tight junctions.<sup>3,4</sup> Similarly, SB has the ability to support tight junction integrity, even with pathogenic interference.<sup>5</sup></p>	<p><b>Adults:</b></p> <p><b>To rebuild healthy gut flora balance:</b></p> <p>Take 1 capsule twice daily.</p> <p><b>To assist gut health:</b></p> <p>Take 1 capsule daily.</p>	<p>Vegetarian</p> <p>Dairy Free</p> <p>Gluten Free</p>
 <p><b>Ultra Flora Restore Dairy Free</b></p>	<ul style="list-style-type: none"> <li>Supports gut tissue repair.</li> <li>Supports healthy digestive system function.</li> <li>Maintains a healthy immune system in adults and children.</li> <li>Promotes healthy levels of beneficial flora.</li> </ul>	<p>Each capsule contains:</p> <p><i>Lactobacillus acidophilus</i> (NCFM®) 11.5 billion CFU <i>Bifidobacterium lactis</i> (Bi-07) 11.5 billion CFU <i>Lactobacillus rhamnosus</i> (LGG®) 2 billion CFU</p>	<p>The combination of NCFM® and Bi-07 improves gastrointestinal symptoms, including pain.<sup>6</sup> Additionally, these strains have been shown to support healthy immune system function in both adults and children, by modulating naïve immune cell function in gastrointestinal-associated lymphoid tissue and levels of immunoglobulins.<sup>7,8</sup> Clinical results include decreasing illness duration.<sup>9,10</sup></p> <p>LGG® also modulates the immune system, assisting with responsiveness to antigen presentation and decreasing levels of inflammatory cytokines.<sup>11</sup></p>	<p><b>Adults and children over five years:</b></p> <p>Take 1 capsule daily.</p>	<p>Vegetarian</p> <p>Dairy Free</p> <p>Gluten Free</p> <p>Activ-Vial™ for fridge-free convenience</p>
 <p><b>Ultra Flora Spectrum</b> Available in 30 or 60 capsules</p>	<ul style="list-style-type: none"> <li>Helps reduce the occurrence of traveller's diarrhoea.</li> <li>Nourishes beneficial flora.</li> <li>Maintains healthy gastrointestinal function.</li> <li>Maintains general health and wellbeing.</li> </ul>	<p>Each capsule contains:</p> <p><i>Lactobacillus acidophilus</i> (NCFM®) 20 billion CFU <i>Bifidobacterium lactis</i> (Bi-07) 12.5 billion CFU <i>Lactobacillus rhamnosus</i> HN001 10 billion CFU <i>Bifidobacterium animalis ssp lactis</i> HN019™ 5 billion CFU <i>Saccharomyces cerevisiae</i> (boulardii) SB 5 billion CFU</p>	<p>A 2019 review found SB to be the only probiotic to be significantly effective for the prevention of traveller's diarrhoea at a dose of 5 billion CFU/ day, by supporting the health and integrity of the gut and native microbiome.<sup>12,13</sup></p> <p>NCFM®,<sup>6</sup> Bi-07,<sup>6</sup> HN001<sup>14</sup> and HN019™<sup>15</sup> have all been shown in human clinical trials to support the health of the gut.</p>	<p><b>Adults:</b></p> <p>Take 1 capsule daily.</p>	<p>Vegetarian</p> <p>Dairy Free</p> <p>Gluten Free</p>
 <p><b>Ultra Flora LGG® Forte</b></p>	<ul style="list-style-type: none"> <li>Supports healthy digestion.</li> <li>Maintains beneficial flora.</li> <li>Supports immune system function.</li> </ul>	<p>Each capsule contains:</p> <p><i>Lactobacillus rhamnosus</i> (LGG®) 20 billion CFU</p>	<p>LGG® modulates the immune system, assisting with responsiveness to antigen presentation and decreasing levels of inflammatory cytokines. Additionally, LGG® helps to balance T helper cell populations, making it suitable for patients looking for allergy or autoimmune support.<sup>11</sup></p>	<p><b>Adults:</b></p> <p>Take 1 capsule daily</p>	<p>Vegetarian</p> <p>Dairy Free</p> <p>Gluten Free</p> <p>Activ-Vial™ for fridge-free convenience</p>

Product	Indications	Formula	Clinical Evidence	Dosage	Highlights
---------	-------------	---------	-------------------	--------	------------










## WOMEN AND KIDS HEALTH

 <p><b>Ultra Flora Mother and Baby</b></p>	<ul style="list-style-type: none"> <li>Maintains maternal health in pregnancy, post-partum and breastfeeding.</li> <li>Supports infant microbiome establishment.</li> <li>Supports healthy foetal development.</li> <li>Supports immune system in healthy infants.</li> </ul>	<p>Each capsule contains: <i>Lactobacillus rhamnosus</i> (LGG®) 10 billion CFU <i>Bifidobacterium animalis ssp lactis</i> (BB-12®) 5 billion CFU <i>Bifidobacterium breve</i> (M-16v) 5 billion CFU <i>Bifidobacterium longum</i> (BB536) 5 billion CFU</p>	<p>10 billion CFU each of LGG® and BB-12® per day can support healthy weight and blood glucose levels in pregnancy, and additionally contributes to healthy levels of fats and immunomodulators in breastmilk.<sup>16</sup> Further to this, the same dose of LGG® and BB-12® can be given to infants, with clinical research showing they may decrease the risk of recurrent infections and need for antibiotics.<sup>17</sup></p> <p>A study using 5 billion CFU/day each of M-16v and BB536 for four weeks prenatally in mothers, and then in their infant for 6 months postnatally, contributed to a significantly lowered incidence of atopic conditions including eczema in infants at 10 and 18 months.<sup>18</sup></p>	<p><b>Directions: Pregnant and breastfeeding women:</b></p> <p>Take 1 capsule daily to support baby's development.</p> <p>Take 1 capsule twice daily for maternal health.</p> <p><b>Infants (from birth):</b></p> <p>Empty the contents of 1 capsule and mix with breast milk, formula or water once daily to support baby's gut flora and immune health.</p>	<p>Vegetarian Dairy Free Gluten Free</p>
 <p><b>Ultra Flora Kids Care</b></p>	<ul style="list-style-type: none"> <li>Helps maintain microbiome during antibiotic use.</li> <li>Helps restore microbiome after antibiotic use.</li> <li>Supports healthy bowel function.</li> <li>Supports healthy commensals in infants and children.</li> <li>Relieves symptoms of mild eczema in infants.</li> <li>Supports healthy immune system function.</li> </ul>	<p>Each 2 g dose contains: <i>Lactobacillus rhamnosus</i> (LGG®) 6 billion CFU <i>Lactobacillus acidophilus</i> (NCFM™) 2.5 billion CFU <i>Bifidobacterium lactis</i> Bi-07 2.5 billion CFU Oligofructose 1 g</p>	<p>A systematic review and meta-analysis found that LGG® can maintain the balance of commensals and lower risk of pathogen overgrowth and antibiotic-associated diarrhoea, a key sign of gastrointestinal dysbiosis.<sup>19</sup> Additionally, in a 2022 clinical trial, a 10 billion CFU/day dose of LGG® was found to significantly decrease the extent and severity of symptoms in children with atopic dermatitis, as well as show increases in the infant dermatitis quality of life questionnaire.<sup>20</sup></p> <p>NCFM® in combination with Bi-07, at a dose of 5 billion CFU each can reduce common cold symptoms, such as coughs and runny nose, in children over 2 years of age.<sup>10</sup></p> <p>Oligofructose, at a dose of 2 g/day can increase fecal counts of beneficial bacteria for healthy stools and fewer gastrointestinal symptoms in children.<sup>21</sup></p>	<p><b>Suitable for children aged 0 to 12 years:</b></p> <p><b>Children up to 12 years:</b></p> <p>Take 2/3 of a metric teaspoon (2.0 g) once daily, mixed into cool or warm (not hot) liquids or food.</p>	<p>Vegetarian Dairy Free Gluten Free</p>
 <p><b>Ultra Flora Femme</b></p>	<ul style="list-style-type: none"> <li>Maintains healthy immune system function.</li> <li>Maintains healthy urogenital microflora.</li> <li>Maintains urinary tract health.</li> <li>Liquorice is traditionally used in Ayurvedic medicine to support vaginal health and relieve symptoms of medically diagnosed cystitis.</li> </ul>	<p>Each capsule contains: <i>Lactobacillus rhamnosus</i> (GR-1™) 1 billion CFU <i>Lactobacillus reuteri</i> (RC-14™) 1 billion CFU Ascorbic acid (Vitamin C) 100 mg Colecalciferol (Vitamin D) 1000 IU <i>Glycyrrhiza glabra</i> (GutGard®) liquorice root 218 mg</p>	<p>GR-1™ and RC-14™ are native to the female urogenital tract and when taken orally can inhibit growth of urogenital pathogens via biofilm inhibition,<sup>22</sup> maintaining optimal pH<sup>23</sup> and balancing a healthy urogenital microbiome for urogenital health.<sup>24</sup></p> <p>Additionally, liquorice has been shown to exhibit antimicrobial activity <i>in vitro</i>, inhibiting bacterial biofilm formation<sup>25</sup> and preventing yeast-hyphal transition.<sup>26</sup> Further to this, active constituents of deglycyrrhized licorice have demonstrated anti-inflammatory activity.<sup>27</sup></p>	<p><b>Adults:</b></p> <p>Take 1 capsule daily</p>	<p>Vegetarian Dairy Free Gluten Free Contains vitamin C, GutGard®, Liquorice, vitamin D3. Activ-Vial™ for fridge-free convenience</p>



## STRESS AND MOOD

 <p><b>Ultra Flora NeuroSupport</b></p>	<ul style="list-style-type: none"> <li>Supports a healthy stress response and gut-brain axis function.</li> <li>Supports mental and emotional wellbeing.</li> <li>Supports gastrointestinal health and function.</li> </ul>	<p>Each capsule contains: <i>Lactobacillus plantarum</i> 299v 10 billion CFU <i>Lactobacillus paracasei</i> Lpc-37™ 8.75 billion CFU</p>	<p>299v has been shown to decrease salivary cortisol levels in those under stress at a dose of 10 billion CFU/day.<sup>28</sup></p> <p>Lpc-37™ can modulate the HPA axis, normalising cortisol levels and heart rate in individuals with stress, restoring a healthy stress response in humans.<sup>29</sup></p>	<p><b>Adults:</b></p> <p><b>For mental wellbeing and mood:</b></p> <p>Take 1 capsule daily.</p> <p><b>To support neuroendocrine function and a healthy stress response:</b></p> <p>Take 2 capsules daily.</p>	<p>Vegetarian Dairy Free Gluten Free Activ-Vial™ for fridge-free convenience</p>
---	---	--	--	---	--

Product	Indications	Formula	Clinical Evidence	Dosage	Highlights
 <b>DIGESTIVE HEALTH</b>					
 <b>Ultra Flora GI Soothe</b> Available in 30 or 60 capsules	<ul style="list-style-type: none"> <li>Relief of symptoms of medically diagnosed Irritable Bowel Syndrome (IBS) including diarrhoea, constipation, bloating, gas and pain.</li> <li>Maintain digestive system health.</li> </ul>	Each capsule contains: <i>Lactobacillus plantarum</i> <b>299v</b> 20 billion CFU	299v has been found to improve multiple symptoms in IBS sufferers including pain, bloating, stool frequency and flatulence. <sup>30,31,32</sup>  Mechanisms include supporting the gut brain axis <sup>33</sup> and modulation of the immune system. <sup>30</sup>	<b>Adults:</b> Take 1 capsule daily.  For more severe cases, take 1 capsule twice daily.	Vegetarian Gluten free Dairy free
 <b>Ultra Flora GI Regulate</b>	<ul style="list-style-type: none"> <li>Contributes to the development of good bacteria.</li> <li>Contributes to normal healthy bowel function.</li> <li>Supports healthy lower digestive function.</li> </ul>	Each 5.1 g serve contains: <i>Lactobacillus plantarum</i> <b>299v</b> 20 billion CFU Partially hydrolysed guar gum (PHGG) 5 g	A meta-analysis of 12 clinical trials found that PHGG is effective in relieving constipation, increasing bowel movement frequency, volume and moisture content. Potential mechanisms include stimulation of short-chain fatty acid synthesis, promotion of healthy flora balance and reduced gas production. <sup>34</sup>  Additionally, 299v can modulate inflammatory responses in gut epithelium and has demonstrated antimicrobial activity against symptom-causing agents. <sup>30,35</sup>	<b>Adults:</b> Add 2 1/2 metric teaspoons (5 g) to 200 mL of water and stir until dissolved. Take once daily.  Ultra Flora GI Regulate is an easily dissolved and non-flavoured powder, making it suitable for mixing with other powdered supplements.	Vegetarian Gluten free Dairy free Low FODMAP Powder format Contains prebiotic Partially hydrolysed guar gum (PHGG)
 <b>IMMUNITY</b>					
 <b>Ultra Flora Immune Enhance</b> Available in 30 or 60 capsules	<ul style="list-style-type: none"> <li>Decreases the severity and duration of common cold and flu symptoms, including sore throat.</li> <li>Promotes immune defences to fight illness and recover sooner.</li> <li>Maintains healthy gastrointestinal function.</li> </ul>	Each capsule contains: <i>Lactobacillus rhamnosus</i> ( <b>LGG®</b> ) 5 billion CFU <i>Lactobacillus plantarum</i> <b>HEAL 9</b> 500 million CFU <i>Lactobacillus paracasei</i> <b>8700:2</b> 500 million CFU	A combination of 1 billion CFU/day of HEAL9 and 8700:2 has been found to significantly decrease the duration of cold symptoms versus placebo. <sup>36</sup> This combination can also decrease likelihood of colds in adults prone to recurrence. <sup>37</sup>  LGG® has long been known to be of benefit in supporting the immune system via modulation of inflammatory cytokine secretion and T cell activity. <sup>11</sup>	<b>Adults:</b> Take 1 capsule daily.	Vegetarian Dairy Free Gluten Free  Not to be used in children under 2 years of age without medical advice
 <b>Ultra Flora Immune Control</b> Available in 30 or 60 capsules	<ul style="list-style-type: none"> <li>Decreases the symptoms of hay fever, seasonal allergies and allergic rhinitis.</li> <li>Helps reduce the occurrence of mild allergy symptoms.</li> <li>Helps to improve immune system function by relieving the inflammatory response in mild allergies.</li> </ul>	Each capsule contains: <i>Lactobacillus rhamnosus</i> ( <b>LGG®</b> ) 20 billion CFU <i>Lactobacillus paracasei</i> ( <b>LP-33®</b> ) 5 billion CFU	A dose of 10 billion CFU/day of LP-33® has been found to significantly reduce hay fever symptom scores and improve quality of life in sufferers after 30 days. Those in the placebo group had increased symptom scores. <sup>38</sup> Mechanisms of action include a reduction in TH1-TH2 ratio via modulation of the gut microbiome, <sup>39</sup> as well as down regulating IgE synthesis and inflammation. <sup>38</sup>	<b>Adults and adolescents:</b> <b>To support immune system function:</b> Take one capsule daily.  <b>To reduce symptoms of mild allergies:</b> Take one capsule twice daily.	Vegetarian Dairy Free Gluten Free
 <b>CARDIOMETABOLIC HEALTH</b>					
 <b>Ultra Flora Meta Control</b>	<ul style="list-style-type: none"> <li>Maintain general health and wellbeing.</li> <li>Supports healthy gastrointestinal flora and function.</li> </ul>	Each capsule contains: <i>Bifidobacterium animalis</i> ssp <i>lactis</i> ( <b>HN019™</b> ) 14 billion CFU <i>Bifidobacterium animalis</i> ssp <i>lactis</i> ( <b>B-420™</b> ) 10 billion CFU	Bacterial lipopolysaccharide (LPS) has been identified as a triggering factor for insulin resistance and its associated metabolic imbalances by increasing the systemic expression of pro-inflammatory cytokines. <sup>40</sup> B-420™ may support a healthy metabolism by its effects on intestinal barrier integrity and subsequent reduction in plasma LPS levels. <sup>41</sup> Additionally, HN019™ can support the modulation of proinflammatory cytokines, as well as significantly reduce total cholesterol and body mass index levels that can be associated with metabolic concerns. <sup>42</sup>	<b>Adults:</b> Take 1 capsule daily.	Vegetarian Dairy Free Gluten Free



# Metagenics Delivering Industry Leading High Quality Probiotics Standards

## Activ-Vial™ - Advanced Fridge Free Technology

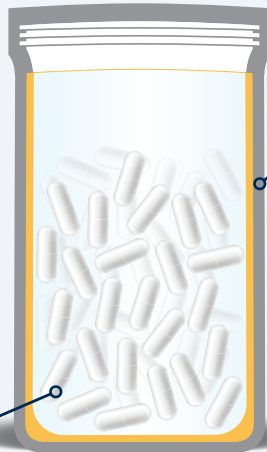
### ACTIV-VIAL™ BOTTLE

Insulated double wall with active inner core of moisture absorbing polymers to:

- ✓ Trap moisture
- ✓ Reduce light
- ✓ Insulate the probiotic

Protection remains active for the life of the product even after the bottle is opened.

Capsules see virtually no moisture because moisture is trapped before entering head space.



Built in desiccant wall



Incoming moisture



Activ-Vial™ packaging is recyclable\*

**TruQuality™**  
PURITY, POTENCY, TRANSPARENCY














Metagenics quality guarantee

\*The Activ-Vial™ bottle is a category 5 hard plastic. Kerbside recycling of this plastic in New Zealand may vary depending on the local council.

## Specialised Probiotic Processes – From Raw Materials to Finished Product



# Probiotics Range Summary

	Product Highlights	Page		Product Highlights	Page
	<p><b>Ultra Flora Intensive Care</b> <i>Microbiome Restoration Formula.</i></p> <ul style="list-style-type: none"> <li>Contains the world's most widely researched probiotics strains – LGG®, SB and BB-12®.</li> </ul>	2		<p><b>Ultra Flora Femme</b> <i>For Women's Flora Balance.</i></p> <ul style="list-style-type: none"> <li>Probiotic strains <i>Lactobacillus</i> (GR-1™) and <i>Lactobacillus reuteri</i> (RC-14™) with liquorice, in Activ-Vial™ desiccant lined bottle.</li> </ul>	3
	<p><b>Ultra Flora Restore Dairy Free</b> <i>Maintain Digestive Health and Wellbeing.</i></p> <ul style="list-style-type: none"> <li>Activ-Vial™ desiccant lined bottle guarantees live and effective probiotics without refrigeration.</li> </ul>	2		<p><b>Ultra Flora NeuroSupport</b> <i>Researched Probiotic Strains to Restore a Healthy Stress Response.</i></p> <ul style="list-style-type: none"> <li><i>Lactobacillus paracasei</i> (Lpc-37™) 8.75 billion CFU (organisms).</li> <li><i>Lactobacillus plantarum</i> 299v</li> <li>10 billion CFU (organisms).</li> </ul>	3
	<p><b>Ultra Flora Spectrum</b> <i>Multi-Strain Complex with Five Researched Strength, Scientifically Validated Probiotics.</i></p> <ul style="list-style-type: none"> <li>Help to maintain healthy gut function and wellbeing.</li> <li>Contains 52.5 billion live organisms from five probiotics at researched strengths, including S. boulardii.</li> </ul>	2		<p><b>Ultra Flora GI Soothe</b> <i>Specialised Probiotic to Reduce the Occurrence and Symptoms Associated with Medically Diagnosed IBS.</i></p> <ul style="list-style-type: none"> <li>Clinically trialled <i>Lactobacillus plantarum</i> 299v strain in a total of 224 adults with IBS in multiple trials.</li> </ul>	4
	<p><b>Ultra Flora LGG Forte</b> <i>Double Strength, Researched, Authentic LGG®.</i></p> <ul style="list-style-type: none"> <li>20 billion CFU of <i>Lactobacillus rhamnosus</i> (LGG®).</li> <li>Activ-Vial™ desiccant lined bottle guarantees live and effective probiotics without refrigeration.</li> </ul>	2		<p><b>Ultra Flora GI Regulate</b> <i>Specialised Probiotic and Prebiotic for Healthy Bowel Function.</i></p> <ul style="list-style-type: none"> <li>Low reactive powder with clinically trialled <i>Lactobacillus plantarum</i> 299v combined with the prebiotic partially Hydrolysed Guar Gum (PHGG).</li> </ul>	4
	<p><b>Ultra Flora Mother and Baby</b> <i>Specialised Probiotic Support During Pregnancy, Breastfeeding and Infancy.</i></p> <ul style="list-style-type: none"> <li>Clinically researched probiotic strain LGG® for childhood atopy and immune development.</li> <li>BB-12® and LGG® for glucose metabolism.</li> </ul>	3		<p><b>Ultra Flora Immune Enhance</b> <i>An Exclusive Probiotic Combination To Boost Immune System Function.</i></p> <ul style="list-style-type: none"> <li>Clinically trialled combination (HEAL 9 and 8700:2) in 272 subjects to reduce cold and flu duration and frequency.</li> </ul>	4
	<p><b>Ultra Flora Kids Care</b> <i>Probiotic for Beneficial Gut Flora, Bowel Function and Immune Health in Children.</i></p> <ul style="list-style-type: none"> <li>Clinically trialled NCFM® and Bi-07 strains in 326 children to support immunity.</li> </ul>	3		<p><b>Ultra Flora Immune Control</b> <i>A Probiotic Combination for Healthy Immune System Function.</i></p> <ul style="list-style-type: none"> <li>Clinically trialled LP-33® in 425 subjects to significantly improve symptoms of allergic rhinitis.</li> </ul>	4
				<p><b>Ultra Flora Meta Control</b> <i>Advanced Probiotic Combination to Shape a Beneficial Microbiome for Wellbeing.</i></p> <ul style="list-style-type: none"> <li><i>Bifidobacterium animalis</i> ssp <i>lactis</i> (HN019™).</li> <li><i>Bifidobacterium animalis</i> ssp <i>lactis</i> (B-420™).</li> </ul>	4

**View This Practitioner Guide Online:**



**Metagenics Institute**

References available on request.



LGG®, BB-12®, GR-1™ and RC-14™ are registered trademarks of Chr. Hansen A/S. NCFM® is a registered trademark of IFF or its affiliates.

-  Join the Metagenics Facebook Group
-  Like the Metagenics Facebook Page
-  Follow the Metagenics ANZ LinkedIn Profile

**Metagenics Australia**  
741 Nudgee Road,  
Northgate, Queensland 4013.  
PO Box 675,  
Virginia BC, Queensland 4014.  
Ph: (07) 3117 3300  
Fax: (07) 3117 3399  
Ph: Country and Interstate  
1800 777 648

**Metagenics New Zealand**  
22B William Pickering Drive,  
Rosedale, Auckland 0632.  
PO Box 35383,  
Browns Bay, Auckland 0753.  
Ph: (09) 478 2540  
or 0508 227 744  
Fax: (09) 478 2740  
or 0508 227 733

 [metagenics.com.au](http://metagenics.com.au)  
 [metagenicsinstitute.com.au](mailto:metagenicsinstitute.com.au)  
info@metagenics.com.au  
ANZ\_orders@metagenics.com  
 [metagenics.co.nz](http://metagenics.co.nz)  
 [metagenicsinstitute.co.nz](mailto:metagenicsinstitute.co.nz)  
info@metagenics.co.nz  
ANZ\_orders@metagenics.com



This paper has been responsibly sourced from a sustainable forest.

MET7519-10/10