

## Straight Answers for Consumers

### **Under what conditions should someone take Florajen?**

Healthcare professionals most often recommend Florajen probiotics as an adjunct to an antibiotic regimen. Antibiotics kill off both good and bad bacteria frequently resulting in diarrhea or vaginitis. The beneficial flora in Florajen also aids those suffering chronic yeast infections, various digestive problems and traveler's diarrhea.

### **What is a probiotic and how does it work?**

A probiotic, food-based, yogurt culture renews your normal friendly flora that are destroyed by antibiotics and/or other influences. Probiotics improve the healthy balance of beneficial culture over those bad bacteria that may cause intestinal problems, diarrhea, gas or vaginitis. Good flora assist in nutrient absorption and form a defensive shield against harmful pathogens, allergens and other dangerous particles. Probiotics are also known to improve the immune system.

### **How do probiotics help control diarrhea?**

Pathogens produce toxins that can result in diarrhea. Probiotics simply interfere with the growth of pathogens, thereby curtailing the toxins. Florajen corrects any imbalance of intestinal flora, improving regularity and consistency of stools.

### **How do probiotics work to improve vaginitis and yeast?**

Production of trace amounts of lactic acid by the probiotics causes a drop in pH within the vaginal tract. A lower pH is considered normal for a healthy vaginal tract. Competitive exclusion crowds out or inhibits growth of the yeast and harmful bacteria that causes vaginitis. Florajen's beneficial cultures resume the delicate balance required for comfort and health in a woman's body.

### **What is the importance of higher cell counts?**

The intestinal tract contains over 400 different species of bacteria. To impact the balance, higher potency is needed to re-establish the beneficial flora within this huge number of resident flora.

### **What is the difference between Florajen and Florajen3?**

Florajen contains only one active ingredient, *Lactobacillus acidophilus*, and has a total cell count of over 20 billion live cultures. Its primary uses are for antibiotic-associated vaginitis/diarrhea, and candida concerns.

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Florajen3 includes *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium longum* with a total cell count over 15 billion live cultures. Its primary uses are antibiotic-associated diarrhea, lower GI health concerns e.g., irritable bowel syndrome, and for prevention of *C. difficile*.

### **Is refrigeration absolutely necessary for Florajen and does it stay effective out of refrigeration?**

Refrigeration is recommended whenever possible to maintain full potency of the capsules over time. However, because each one of Florajen's capsules is generously loaded with over 20 billion cultures, they remain effective for weeks of time without refrigeration and can be easily used while traveling. Three months at room temperature will reduce the count by 25% or less.

### **Why do some probiotics have up to six or more strains of culture? (Florajen only has one strain or in the case of Florajen3, three.)**

Exercise caution with products that have several different strains. Many of those strains are not probiotics. Ask the product manufacturer if the strains are bile-tolerant, as many are not. Be assured that all the Florajen strains are bile-tolerant.

### **How does Florajen survive stomach acid and maintain potency through the intestinal tract?**

Florajen's pharmaceutical grade gelatin capsules maintain their structure after swallowed, for 35 to 40 minutes. When taken on an ideally empty stomach, the capsule will enter the pH neutral small intestine in 30 to 40 minutes. It's also very important for the capsule to open up releasing the culture and to begin its work at the beginning of the small intestine. Many enteric-coated capsules open up far too late within the intestinal tract, thereby reducing their effectiveness.

### **What happens to the product after the expiration date?**

Under refrigeration, product is perfectly safe and effective for up to two years after the expiration date. Without refrigeration, the cell count is depleted 25% or less over three months.

### **Is it okay to take a probiotic while taking antibiotics?**

Yes, take Florajen 1 to 2 hours before or after taking the antibiotic. Continue taking Florajen for 1 to 2 weeks after completion of your antibiotic regimen.

### **Can travelers benefit from probiotics?**

Travelers, especially to third world countries, are sometimes exposed to bacteria and pathogens that cause diarrhea. Benefits can accrue by taking Florajen 3 to 5 days before departure, during the trip and for two weeks upon returning home.

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