



Pre-Flora Powder

This unique prebiotic fiber supplement combines chicory inulin with other dietary fiber components to provide broad support for gastrointestinal health and immune function.

Specific types of soluble dietary fiber, known as prebiotics, offer the ability to selectively support the growth and activity of health-promoting bacteria normally found in the gastrointestinal tract. Normally, the human gastrointestinal tract is populated by hundreds of different strains of “friendly” bacteria that support healthy gastrointestinal function and beneficially influence human health. Like dietary fiber, prebiotics escape digestion and absorption in the small intestine and arrive largely intact in the colon for fermentation. What distinguishes prebiotics from other fibers is that while all fibers are fermented to a certain degree, prebiotics are selectively fermented and used as a food source for beneficial intestinal bacteria, including “probiotics” such as Lactobacilli or Bifidobacteria that are often consumed in dietary supplements or foods such as yogurt. Prebiotics are therefore unique dietary fibers that provide substrates essential to the growth and metabolic activity of beneficial bacteria such as *Bifidobacterium*, *Lactobacillus*, and *Eubacterium* species.

In addition, prebiotics are increasingly recognized to play numerous other physiologic roles including the ability to optimize immune function, facilitate bowel regularity, improve the integrity of the gut barrier, enhance mineral absorption, favorably modulate blood lipids, and defend against potentially harmful bacteria.

This product contains the following prebiotics and prebiotic-like substances:

Inulin: Inulin-type fructan prebiotics are commonly found in chicory, onions, asparagus, bananas, garlic, and leeks. Inulin is used as an energy source by healthful intestinal bacteria (especially bifidobacteria), which ferment them into short-chain fatty acids. These short-chain fatty acids beneficially increase the intestinal acidity (lower pH) and provide critical nourishment for the colon. They also enhance the absorption of essential minerals (such as calcium and magnesium) in the colon, assist intestinal reabsorption of water, and enhance intestinal barrier function. In addition, by promoting the proliferation of healthful bifidobacteria, inulin-type fructans help increase fecal bulk and optimize stool consistency.

Larch Arabinogalactan: Larch arabinogalactan (*Larix occidentalis*), commonly known as the larch tree, contains a unique type of soluble dietary fiber (arabinogalactan) that enhances immune function. Arabinogalactan can also be found in numerous plants, including carrots, radishes, and tomatoes, as well as many medicinal herbs. Arabinogalactan enhances the immune system by blocking viruses and bacteria from attaching to cell membranes, stimulating natural killer cell activity, and increasing the number of immune cells, particularly macrophages, present in the blood system. Research indicates arabinogalactan may also have important benefits for the colon as it has been shown to reduce ammonia generation and absorption, support the growth of beneficial *Lactobacillus* bacteria, and increase short-chain fatty acid production.

Beta-Glucan: Beta-Glucan is a type of soluble dietary fiber that is found in baker's yeast (*Saccharomyces cerevisiae*), oats and barley fiber, and mushrooms. Research suggests that beta-glucan has immune supportive properties through the enhancement of monocytes, macrophages, and natural killer cells. Beta-glucan may also modulate the immune response to a wide spectrum of pathogens, including fungal (*Candida albicans*), Gram-positive (*Staphylococcus aureus*), and Gram-negative (*E. coli*) microorganisms. This product provides beta-glucan from purified *Saccharomyces cerevisiae*.

This product is free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, and soybeans. Contains no artificial colors, flavors, or preservatives. This product works synergistically with probiotics to restore and maintain a healthy, balanced gastrointestinal microflora.

Suggested Use: 1 to 2 scoops daily. Mix powder in cold, warm, or hot foods or beverages as desired.

This product was made in a GMP and ISO 9001:2008 registered facility.

Supplement Facts		
Serving Size 1 Scoop (Approx. 1 teaspoon or 5 grams)		
Servings Per Container 30		
Amount Per Scoop	% Daily Value	
Calories	5	
Total Carbohydrate	5 g	2%†
Dietary Fiber	4 g	16%†
Prebiotic Blend	5 g	*
Inulin (derived from chicory root)		
Beta-Glucan (purified from <i>Saccharomyces cerevisiae</i>)		
Larch Arabinogalactan (<i>Larix occidentalis</i>), dried water-soluble extract		

†Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.

Other ingredients: None.