

## Ultra Flora MetaControl

Advanced Probiotic Combination To Shape A Beneficial Microbiome For Wellbeing.

### Quantity:

- 60 Capsules (60 days' worth).

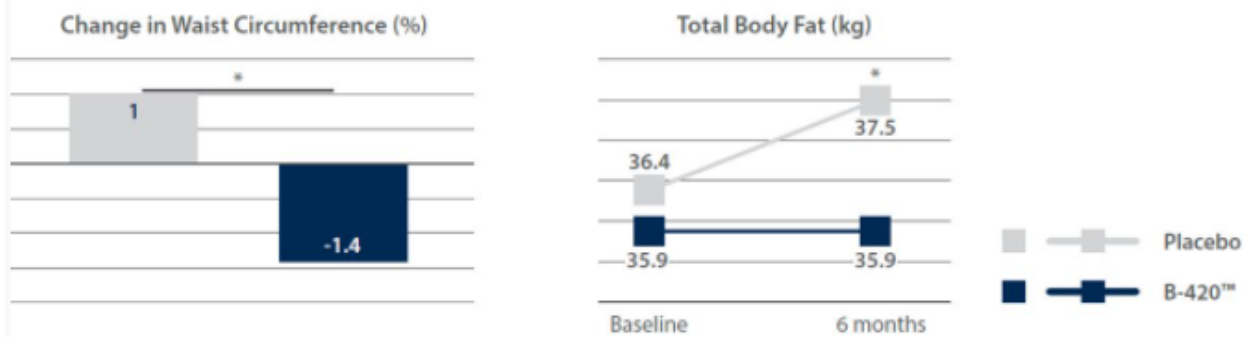
### Benefits:

Ultra Flora MetaControl have been shown to or may:

- Provide metabolic benefits including reduced Body Mass Index (BMI), reduction in total cholesterol, and Low Density Lipoprotein (LDL).
- Improve weight management including total and abdominal fat mass, waist circumference, and reduced energy intake.
- Research has established a potential correlation between body weight and the microbiome. Research has established a potential correlation between body weight and the microbiome. DNA analysis has shown that obese subjects may have a different microbiome composition to lean subjects. Gut bacterial composition is able to influence how energy is stored as well as influence glycaemic control<sup>4</sup> and satiety hormones. Specific probiotics can be a useful adjunct to dietary programs to control weight, metabolic markers and body composition.
- Weight control and body composition: Bifidobacterium lactis B-420™ has a growing body of human and animal research including a 2016 clinical trial. A 6 month study of 225 non-dieting, overweight people (mainly women aged 40+) took 10 billion B-420™ daily (with or without dietary fibre) or placebo. Both B-420™ groups showed significant improvements in fat mass, abdominal fat, waist circumference and lean muscle mass as well as an overall reduction in calorie consumption. Pre-clinical animal and in-vitro research on B-420™ has demonstrated reduced weight gain, improved glycaemic response reduced zonulin levels (a marker of intestinal permeability), improved tight junction integrity and protection against E. coli-induced damage decreasing gut inflammation and the consequential impairment in insulin sensitivity.

- Cardiometabolic markers can also be influenced by probiotics. A 2016 study on 51 adults with metabolic syndrome showed that *Bifidobacterium animalis ssp lactis* (HN019™) reduced BMI, total cholesterol (TC) and Low density lipoprotein (LDL). The proposed mechanism is associated with prevention of cholesterol absorption by the intestinal tract into the blood stream, by aiding the assimilation of cholesterol during bacterial multiplication and cholesterol binding and to improve liver metabolism through increased Short Chain Fatty Acid (SCFA) production inhibiting HMG Co-A reductase. Mechanistically it has been shown to reduce proinflammatory cytokines TNF-α and IL-6, which are associated with the development of obesity. \*27.2 Billion CFU daily of HN019™ equivalent to two capsules.

**Figure 1: B-420™ - Beneficial Effect on Body Composition.**



**Figure 2: Reduction in Total Cholesterol (TC) and LDL cholesterol (LDL) with HN019™ supplementation.**

		TC (mg/dL)	LDL (mg/dL)
Placebo	Baseline	199	117
	Day 45	205	115
		6	-2
HN019™	Baseline	209	128.5
	Day 45	194	111
		-15	-17.5

### Dosage:

- Take 1 capsule daily.

### Warnings:

- Not all cautions and contraindications are listed. Please contact me for more information.

## Price:

- \$79.70

## Image:



## Ingredients:

Each capsule contains:

24 billion live probiotic organisms:

Bifidobacterium animalis ssp lactis (HN019™)

14 billion CFU (organisms)

Bifidobacterium animalis ssp lactis (B-420™)

10 billion CFU (organisms)

- Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, soy protein and salt. Free from artificial colours, flavours and preservatives.
- Excipients: Dibasic potassium phosphate, Disodium edetate, Gellan gum, Glucose, Hypromellose, Magnesium stearate, Microcrystalline cellulose, Monobasic potassium phosphate, Polysorbate 80, Potable water, Potassium acetate, Silicon dioxide and Sucrose. For more information about excipients used in this product, see our full excipient list.
- Always read the label and follow the directions for use. Contact me immediately if you experience any adverse reaction.