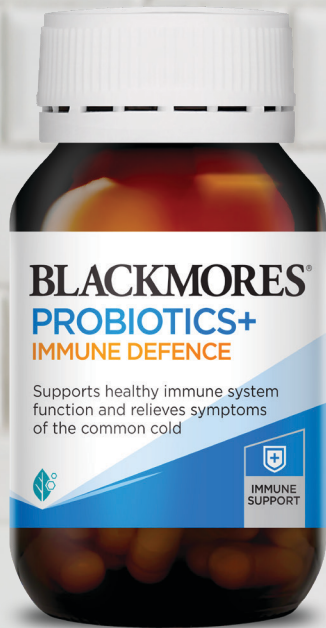


Probiotics

Blackmores Probiotics+ Immune Defence



Supports healthy immune system function and reduces symptoms of the common cold

Blackmores Probiotics+ Immune Defence is a multi-action formula providing high-potency, clinically-trialled probiotic strains together with a prebiotic, vitamin C and zinc, to support gastrointestinal health, gastrointestinal immune function and to support beneficial gut flora. Blackmores Probiotics+ Immune Defence also supports healthy immune system function and decreases symptoms and duration of the common cold.

Key actions

Helps to:

- ✓ Support immune system health and function
- ✓ Reduce symptoms and duration of the common cold
- ✓ Support gastrointestinal health and gastrointestinal immune function
- ✓ Nourish and restore beneficial intestinal flora

Product features

- ✓ Provides *Lactobacillus* and *Bifidobacterium* probiotic strains together with inulin, vitamin C and zinc
- ✓ 5 clinically-trialled, acid-stable and bile resistant probiotics
- ✓ Potent 20 billion CFU probiotic dose
- ✓ Suitable for use during and after antibiotics

Description

A two-piece capsule containing white powder.

ACTIVE INGREDIENTS PER CAPSULE

<i>Lactobacillus acidophilus</i> CUL60	6.75 billion CFU
<i>Bifidobacterium lactis</i> BI-04	2 billion CFU
<i>Lactobacillus acidophilus</i> CUL 21	6.75 billion CFU
<i>Bifidobacterium bifidum</i> CUL 20	225 million CFU
<i>Bifidobacterium animalis subsp lactis</i> CUL 34	4.275 billion CFU
(Total good bacteria 20 billion CFU)	
Inulin (prebiotic)	100 mg
Ascorbic acid (vitamin C)	200 mg
Zinc citrate (Zinc 5mg)	16.2 mg

No added wheat or milk derivatives. No added artificial colours or flavours. Gluten free.

Dosage

Adults - Take 1 capsule a day with a meal or as professionally prescribed.

Children under 18 years - Only as professionally prescribed.

Label Warnings

- Adults only
- If you are pregnant or breastfeeding, talk to your health professional before use

# Blackmores Probiotics+ Immune Defence

## Background information

The gut microbiome is a diverse ecosystem of different microbes, consisting mainly of bacteria, but also certain yeasts and viruses. These microbes coexist in a unique and delicate balance and influence the health of the gastrointestinal tract and contribute to human health and wellbeing in general.

It is estimated that our gastrointestinal system, mainly our colon, contains around 100 trillion microbes, making the human colon one of the most densely populated ecosystems on earth. Some of these microbes are considered to be 'probiotic' or 'good bacteria', meaning that they are able to help maintain the natural balance of microbes in the gut. Our gut microbiota is quite sensitive to both internal and external influences including age, diet and exposure to both medications and environmental compounds.

## Probiotics, vitamin C and zinc for gastrointestinal health and healthy immune system function

Supporting a healthy gut immune system is important, as 70% of the body's immune cells are concentrated in the gut. Blackmores Probiotics+ Immune Defence contains several strains of two important clinically-trialled probiotic species - *Lactobacillus* and *Bifidobacterium*. These species of friendly bacteria help support gastrointestinal health and the health of the mucous lining of the gastrointestinal system, and together with vitamin C and zinc, help to support immune system health and function, and general health and well-being.

Inulin is a fructooligosaccharide (FOS) compound that is found in a range of different foods. It is considered to be a 'prebiotic' which are nutritional compounds that promote the growth of healthy intestinal probiotic flora by supporting their growth and providing them with nourishment.

## Vitamin C reduces symptoms and duration of the common cold

The common cold is an upper respiratory tract infection and the most common cause of illness in the general population. It is also the most common reason given for absence from school or work. Colds are more prevalent in the winter months mainly due to people staying indoors and being in close contact with each other. Supplementation with vitamin C reduces symptoms and duration of the common cold.

## When to recommend this product

For customers who want:

- To support immune system health and function
- To reduce symptoms and duration of the common cold
- To support gastrointestinal health and gastrointestinal immune function
- To nourish and restore beneficial intestinal flora

## Companion product

### Blackmores Daily Immune Action

A daily, all year round immune support formula to:

- Support immune system health all year round
- Maintain healthy immune system function
- Support the immune system to fight illness



## Ask a Naturopath

Free Call 1800 803 760 | Visit us [blackmores.com.au](https://blackmores.com.au) or [naturopath.blackmores.com.au](https://naturopath.blackmores.com.au) | E-Learning [education.blackmores.com.au](https://education.blackmores.com.au)

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Always read the label and follow the directions for use.