



HLC

HUMAN LACTIC COMMENSALS

TAKING ANTIBIOTICS?

IRRITABLE BOWEL?

UPSET STOMACH?

FOOD INTOLERANCE
OR ALLERGY?

STRESSED?

RUN DOWN?

HLC PROBIOTICS WILL HELP...



The statements in this leaflet have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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PROBIOTICS IN VARIOUS FORMS HAVE BEEN USED FOR CENTURIES BECAUSE THEY PROVIDE ONE OF THE MOST EFFECTIVE AND NATURAL WAYS OF **BOOSTING OUR HEALTH AND PREVENTING DISEASE.**

PRODUCTS WITHIN THE **PHARMAX HLC RANGE OF PROBIOTICS** HAVE AN UNSURPASSED REPUTATION FOR THEIR **EFFECTIVENESS AND QUALITY.**



PROVEN EFFECTIVENESS - THE INDIVIDUAL HLC PRODUCTS ARE TARGETED TOWARDS:

- Supporting the immune system and boosting the body's immune defense against illness and disease
- Stimulating the digestion and absorption of certain nutrients
- Reducing the severity of chronic inflammatory conditions
- Reducing the severity of food intolerance and allergy
- Helping to establish a strong and effective immune system, starting from birth
- Helping to provide relief from irritable bowel, inflammatory bowel diseases and dysbiosis
- Re-establishing the beneficial intestinal microflora, which are depleted by antibiotics and other medication
- Improving cholesterol levels, by decreasing the absorption of dietary cholesterol
- Maintaining a good balance of beneficial bacteria during stressful life-stages
- Maintaining integrity of intestinal epithelium and preventing permeable gut syndrome

EXCEPTIONAL QUALITY

- Ultra high potency
- Independently tested to guarantee potency
- Excellent temperature stability - products will retain full label specification for a minimum of 3 months at ambient room temperature
- Survive stomach acid
- Contain only clinically-proven human strains
- Dairy and gluten free
- Suitable for vegetarians and vegans

WHAT ARE BENEFICIAL INTESTINAL BACTERIA?

We all have billions of bacteria in our intestines from the day we are born. Most of these bacteria are beneficial and contribute to our health. However, it is now known that when the beneficial bacteria begin to be outnumbered by the more undesirable types, our health can suffer and, in many cases, this leads to:

- Depressed immune function
- Increased infections
- Increased dysbiosis and intestinal disturbance
- Increase in severity of inflammatory condition and allergy
- Decreased digestive function and integrity

WHY SHOULD I TAKE HLC PROBIOTICS?

The **HLC probiotics** contain the most important beneficial bacteria found in the intestine. So, by taking **HLC** products, you start to restore the healthy dominance of 'good' bacteria in the gut. Taking probiotics is now considered to be a necessary part of everyone's health program - but supplementing with probiotics is particularly important if our own intestinal flora has become depleted. Some factors that cause depletion include:

- Age
- Stress
- Antibiotic use
- Use of other medication
- Dietary changes
- Illness
- Lifestyle changes
- Infection
- Digestive disorders

If any of these factors are relevant to you, HLC probiotics are likely to benefit your health.

ARE HLC PROBIOTICS SAFE AND EFFECTIVE?

The **HLC** range of probiotics contains only *Lactobacilli* and *Bifidobacteria* types of bacteria. These are the most beneficial types of bacteria in the intestine and the different strains used in the **HLC** range have been specifically selected for the benefits indicated for each product.

All these human strain bacteria are completely safe for short and long term human consumption, even for infants and the elderly. Their effectiveness and safety have been proven in hospital clinical trials in the UK.

HOW SHOULD I TAKE HLC PROBIOTICS?

- Check with your doctor or pharmacist for the most appropriate **Pharmax HLC** probiotic product for you
- Take with food
- If you are taking antibiotics, take the **HLC** product 6 hours away from the time the antibiotic is taken.

HOW SHOULD I STORE HLC PROBIOTICS?

Although **HLC probiotics** will retain full label specification for a minimum of 3 months at ambient room temperature, we recommend that you keep the product refrigerated, or in the freezer to ensure maximum potency.

THE HLC RANGE OF PROBIOTICS AND SUGGESTED USE

	Pack Size	Possible Use (for complete product contents see product label)	Suggested Daily Dose*
HLC SYMBIOTIC INTENSIVE POWDER	7 x (one a day) sachets	Maintenance and remission of IBD	1 sachet per day (7 days to indefinite)
		Post antibiotic therapy (chronic/broad spectrum)	1 sachet per day (7 days – 14 days)
HLC INTENSIVE CAPSULES	30 capsules	Post antibiotic therapy (simple incidental)	1 capsule per day (30 days)
		Severe allergies	1 capsule per day (30 days to indefinite)
		Major intestinal bacterial imbalance/dysbiosis	
HLC HIGH POTENCY CAPSULES & POWDER	60 capsules	High level maintenance of the digestive tract health	1-2 capsules per day (30 days – indefinite)
	120 capsules	Allergies	
	60 grams	Maintenance of remission from IBS/IBD	1-2 grams per day (30 days – indefinite)
	120 grams	Prevention of dysbiosis	
HLC MAINTENANCE CAPSULES	60 capsules 120 capsules	Daily maintenance of a healthy digestive tract and prevention of dysbiosis	1-2 capsules per day (indefinite use)
HLC NEONATE POWDER	6 grams	From birth to 6 months of age – to reduce the risk of developing allergies	33mg per day (newborn - 12 months)
HLC MINDLINX CAPSULES & POWDER	60 capsules	Recommended for any child or adult with autism or ADHD, or for individuals with intolerance to gluten or dairy	1 capsule twice daily
	60 grams	MindLinx combines the bacterial strains in HLC High Potency with two new strains that can break down damaging dietary exorphins	1/4 teaspoon (1 gram) of powder twice daily
HLC PROBIOTIC STRAWS	60 straws	Daily maintenance of a healthy digestive tract from 3 years of age upwards, including adults.	1 or more straws per day
HLC PURE FOS POWDER	454 grams	100% fructooligosaccharides – a type of soluble fiber which encourages the growth of beneficial intestinal bacteria. It is also sweet and is used as a non-sugar sweetener by diabetics and metabolic syndrome sufferers	2-10 grams per day
HLC PREPROBIOTIC POWDER	250 grams	Contains probiotic bacteria and soluble and insoluble fiber (FOS, resistant starches, and psyllium husks) for the maintenance of a healthy digestive tract	10 grams per day
HLC URITOL INTENSIVE PLUS POWDER	6 sachets	To reduce discomfort and irritation in the urinary/genital area and displace bacteria that may cause urinary tract infections	1 sachet taken 3 times per day for 2 days
HLC URITOL MAINTENANCE CAPSULES	30 capsules	To maintain the health of the urinary tract/genital area in those prone to urinary tract infections	1-2 capsules per day

*This is considered to be an effective dose for most individuals. However, your doctor or pharmacist may have recommended a different dose that is specific for your needs – if this is the case, it is important that you follow their suggestions.



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