



BUILDING NUTRITION SOLUTIONS FOR LIFE.

NutraFlora[®] Q&A

What is NutraFlora[®]?

NutraFlora is a patented form of short-chain fructooligosaccharides (scFOS[®]) derived from cane or beet sugar. ScFOS is a naturally-occurring prebiotic found in a variety of fruits, vegetables and grains, such as tomatoes, bananas, onions and barley. However, scFOS is only found in trace amounts in these foods. You'd need to eat approximately 22 bananas, 15 onions, 16 tomatoes or 383 cloves of garlic a day to get the same benefits of scFOS found in a cup of yogurt or other foods fortified with NutraFlora.

NutraFlora promotes the absorption of calcium and other minerals, improves digestion, reduces the amount of harmful bacteria in the digestive tract and supports a stronger immune system.

What is a prebiotic? Is it the same as a probiotic?

Probiotics are "good for you" bacteria occurring naturally in the digestive tract that are required for healthy digestion and disease prevention. In addition, probiotics such as Acidophilus are sometimes added to foods such as yogurt and other dairy products.

Prebiotics serve as food for probiotics. A prebiotic is a non-digestible carbohydrate that works in the intestines to nourish and stimulate the growth of the beneficial bacteria which in turn maintain a healthy digestive environment.

Prebiotics and probiotics work together to maintain healthy digestion and promote nutrient absorption.

How does NutraFlora work?

When you eat a food enhanced with NutraFlora, the NutraFlora will pass through most of your digestive tract until it reaches the large intestine (colon), where it will feed the probiotic ("good for you") bacteria found there naturally. NutraFlora increases calcium and other mineral absorption by making the intestinal environment more acidic, keeping nutrients in a digestible form longer. NutraFlora also increases a calcium binding protein, thus allowing more calcium to pass through the abdominal wall.

What makes NutraFlora unique?

NutraFlora's patented short-chain structure means it's able to be utilized more quickly by the beneficial bacteria in the digestive tract. It works during the peak period for mineral absorption – about 4 hours after a meal. Inulin and other prebiotics with longer-chain structures can take up to 12 hours to be broken down and stay in the digestive system longer, which may cause uncomfortable gas and bloating.

Is NutraFlora safe?

Yes, NutraFlora is safe. More than 200 clinical studies support the safety and efficacy of NutraFlora. Additionally, NutraFlora product safety data have been reviewed by the U.S. Food and Drug Administration (FDA) under its regulations for substances Generally Recognized as Safe (GRAS).

Does NutraFlora have calories?

Because NutraFlora itself is non-digestible, it provides only a negligible amount of calories – 1.5 calories per gram.

How does NutraFlora enhance bone health?

NutraFlora helps the body to absorb calcium, magnesium and other minerals, which are essential for strong bones and preventing osteoporosis. Only about 30 percent of the calcium we get in our diets is absorbed in our bloodstream.

Why do I need calcium?

Calcium is a mineral that's essential for strong bones, muscle contraction and other cell functions. Our bodies can only store so much calcium, and we reach a peak bone mass around age 20 or 25. After that, we slowly lose bone mass as a natural part of the aging process due to a decreased consumption of minerals and lack of exercise. Women at menopausal age experience a sharp drop in bone mass, which is why they are at greater risk for osteoporosis. Middle-aged men also see a decrease in bone mass, but it's not as severe as the loss in menopausal women.

When should I worry about getting enough calcium?

Our bodies always need calcium for cells to function and to maintain strong bones. Getting enough calcium is especially important during periods of growth, such as childhood, adolescence and pregnancy.

Who should consume products with NutraFlora?

Foods fortified with NutraFlora offer functional benefits for everyone – men, women, children and adolescents. NutraFlora enhances bone health and digestive function, and should be part of every healthy diet.

Is NutraFlora suitable for children?

Yes, NutraFlora is suitable and safe for children as young as four months.

I'm a teenager whose growth spurt has stopped. Do I still need calcium?

Definitely. More than 90 percent of girls and 75 percent of boys ages 9-13 aren't getting enough calcium to ensure optimal peak bone mass. We need to calcium to build bones until they reach peak density, around the age of 20-25. After age 25, we still need calcium to slow the rate of bone-mass breakdown.

Can I consume NutraFlora when I am pregnant or nursing?

Absolutely. Pregnant and lactating women need 50 percent more calcium than the average adult to promote strong bones and teeth in their developing child and infant. Because NutraFlora enhances calcium absorption, it's easier for mom to meet her requirements for dietary calcium, for herself and for her children.

I'm middle-aged. Is it too late for me to do something about bone health?

It's never too late to get enough calcium. Our bones are constantly releasing and absorbing calcium, so we need to absorb optimal amounts of this vital mineral to keep ourselves in balance.

Is it better to consume probiotics or prebiotics?

It's not an either/or. Prebiotics and probiotics work together to promote intestinal health and mineral absorption.

Prebiotics nourish and sustain the probiotics, which are naturally occurring "good" bacteria already present in the digestive tract. Probiotics are also found in foods with live and active cultures, such as yogurt.

Diets that include both probiotics and prebiotics, such as NutraFlora, pack a double-whammy in promoting mineral absorption and digestive health.

Which foods contain NutraFlora?

Many of your favorite food choices, including certain brands of yogurt, ice cream, energy bars and drinks, are already fortified with NutraFlora – look for the green NutraFlora Seal. For more information on NutraFlora, please visit us online at nutraflora.com.

#