

1. PROBIOTICS

Theralac® is a medical strength, multi-strain, probiotic dietary supplement containing naturally occurring, beneficial bacteria guaranteed at 30 billion colony forming units (CFU)/capsule through expiration if kept refrigerated. The probiotic composition is presented in Table 1. Strains LA-1 and BL-04 have been used for many years in probiotic supplements, strains LR-32, LPC-37 and Bi-07 are new generation probiotics selected for effectiveness and compatibility.

2. PREBIOTICS

Theralac® contains two prebiotics that enhance its probiotic activity; Sodium Alginate and LactoStim® (Sunflower Lecithin + Oleic Acid). LactoStim® is a nutrient utilized by probiotic bacteria for fast growth and reproduction and is protected by 5 U.S. Patents.

3. ACID-PROOF ENTERIC PROTECTION

The probiotics in **Theralac®** are protected from stomach acid by a gel matrix composed of food grade sodium alginate. The gel matrix forms in the stomach at low pH and dissolves in the small intestine at high pH, allowing acid sensitive probiotics to reach the intestinal tract alive and at full strength.

Studies show that greater than 99% of unprotected probiotics are killed by stomach acid. **Theralac®** is protected by U.S. Patents 7,122,370 and 7,229,818.

4. STRUCTURAL ACTIONS

The probiotic strains in **Theralac®** are backed by scientific and clinical studies; their principal action is to increase the population of beneficial bacteria in the intestinal tract and correct any probiotic deficiency that may exist. **Theralac®**'s probiotic strains adhere to the soft lining (wall) of the intestinal tract and promote a healthy surface. A healthy intestinal surface encourages optimum absorption of nutrients, including vitamins and minerals, and supports overall health and wellness.

TABLE 1: PROBIOTIC COMPOSITION OF THERALAC®

PROBIOTIC SPECIES	STRAIN	CFU/CAPSULE	SCIENTIFIC STUDIES*
<i>Lactobacillus acidophilus</i>	LA-1 (NCFM)	10 Billion	15
<i>Lactobacillus rhamnosus</i>	LR-32	2 Billion	3
<i>Lactobacillus paracasei</i>	LPC-37	5 Billion	3
<i>Bifidobacterium lactis</i>	BL-04	10 Billion	6
<i>Bifidobacterium lactis</i>	Bi-07	3 Billion	5

When probiotics actively colonize the intestinal surface it becomes difficult for undesirable bacteria to occupy the same space. This is referred to as competitive exclusion.

5. FUNCTIONAL ACTIONS

High potency probiotics such as **Theralac®** are indicated for a number of functional conditions that may result from or cause a deficiency of probiotic bacteria in the intestinal tract. These may include the following:

- ✓ Lactose intolerance
- ✓ Travelers and/or functional diarrhea
- ✓ Constipation or poor elimination
- ✓ During and after antibiotic use
- ✓ Certain food allergies
- ✓ Weak immune response
- ✓ Heartburn and poor digestion
- ✓ Poor nutrient absorption
- ✓ Various dysbiosis conditions

The most common response to taking **Theralac®** is normalized elimination, softer and more predictable bowel movements. This is usually followed by increased energy and improved health and wellness.



DOSING INFORMATION

Theralac[®] capsules can be taken with water, fruit juice or milk, with or without food, anytime of day. There are three recommended dosage programs, all involve taking 30 capsules (one bottle, 900 billion CFU) over a specified period. The **STANDARD** program is the best choice for most adults and is stated on the Theralac[®] label under **SUGGESTED USE**: As a dietary supplement for adults, take one capsule daily for two weeks followed by two capsules per week thereafter. One bottle of 30 capsules lasts 10 weeks on the Standard program. The **INTENSIVE** program is recommended for travelers, overseas military personnel, and people experiencing intestinal distress: Take one capsule daily for 30 days (or as long as necessary). The **HEALTH MAINTENANCE** program is recommended for children and adults as follow up to the Standard or Intensive programs. NOTE: Medical professionals often recommend higher doses for special conditions such as severe dysbiosis: ex, 2-4 capsules b.i.d.

PROGRAM	CAPSULES/DAY	CAPSULES/WK*	DURATION**
STANDARD	One/day for 2 weeks	Followed by 2/wk for 8 weeks	10 weeks
INTENSIVE	One/day for 30 days	-----	30 days
HEALTH MAINTENANCE	-----	2/week for 15 weeks	15 weeks

* Take capsules approximately 3,5 days apart; for example, one Monday AM and one Thursday PM.

**Any program can be repeated, all programs supply 900 billion CFU over stated period.

FOR YOUNG CHILDREN: Theralac[®] capsules can be opened and gently stirred or folded into mashed banana, yogurt or applesauce and given to children that cannot swallow capsules. Allow about 1 minute for the gel matrix to form, about 50% of the **Acid-Proof Enteric Protection** will be retained.

ADVERSE REACTIONS

1. HERXHEIMER REACTION

Probiotic bacteria in the *Lactobacillus* and *Bifidobacterium* genera are generally recognized as safe (G.R.A.S.) by the United States FDA. Studies show that dosages of one trillion CFU/day or higher are safe. When the intestinal microflora is severely out of balance, high potency probiotics may cause mild to moderate discomfort, (bloating, gas, headache, loose stools) for a short time as they force harmful microorganisms to die off and release their toxic byproducts faster than the body can eliminate them. This is called the **Herxheimer Reaction** and is a positive sign the body is undergoing intestinal detoxification. Stay on the probiotic program (dosage can be reduced to moderate symptoms). Drink lots of water, omit sugar and eat light if you experience the Herxheimer Reaction; the object is to encourage efficient elimination of body waste. If symptoms persist see your doctor.

2. ALLERGIC REACTIONS

Theralac[®] does not contain: Milk, Eggs, Soy, Gluten, Wheat, Casein, Nuts, Seafood or Beef Products. Microcrystalline cellulose, silica and magnesium stearate (vegetable source) are inert excipient ingredients. Consult with your doctor before taking Theralac[®] if you have specific allergic sensitivities.

HOW SUPPLIED

Theralac[®] is supplied in 450 mg, size “o” vegetable capsules, 30 capsules per bottle. **Totally Inert Packaging (TIP)** technology is utilized to provide maximum stability and shelf life: Capsules are packaged in hermetically sealed, nitrogen flushed, amber glass bottles containing moisture and oxygen absorption packets. Keep bottles tightly closed. Refrigerate to assure potency through expiration date, can be kept at room temperature (65-75F) for up to one month while traveling.