



InterPlexus®

WHOLE BODY HEALTH

New!
Improved
Formula

Fortéfy™

Multi-strain Probiotic with four elite, dairy-free probiotic organisms

Formulated to support the restoration of a healthy gut microbiome*

Fortéfy™ is a multi-strain probiotic that encourages the dominance and continued growth of beneficial flora to promote a healthy and balanced gut microbiome. *

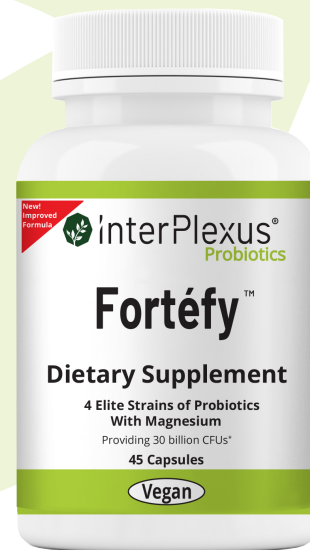
Fortéfy may be taken daily, or as needed to encourage the restoration of beneficial colonies after the intestinal flora has been compromised. *

Fortéfy includes four Elite Strains of probiotics:

- *Lactobacillus plantarum* 299v (also known as *Lactiplantibacillus plantarum* 299v)
- *Lactobacillus acidophilus* La-14
- *Lactobacillus salivarius* Ls-33
- *Bifidobacterium longum* Bl-05

Supplementation with Probiotics in Fortéfy:

- Supports optimal immune and gastrointestinal health*
- Supports normal bowel movements*
- Restores healthy intestinal flora after antibiotic use*
- Improves nutrient absorption*
- Supports the immune response and clearance of acute infections*
- Promotes healthy cortisol levels*



Dairy Free



Soy Free



Egg Free



Gluten Free



Vegan

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health concerns.

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FORTÉFY™

PROBIOTICS & POSTBIOTICS

The World Health Organization defines probiotics as “live micro-organisms which, when administered in adequate amounts, confer a health benefit on the host.”¹ The term “probiotic” means “life-giving” and describes a vast array of known and yet unknown species and strains of commensal bacteria that comprise our microbiome. According to research, an unhealthy gut microbiome is associated with disease in the gastrointestinal system and throughout the body.

One mechanism by which probiotics contribute to gut health is by preventing potential pathogens from binding to the gut mucosa via competitive inhibition. A review of 63 studies containing over 8000 participants found that probiotics are a beneficial and safe intervention to reduce the severity and duration of acute diarrhea.² Chronic diarrhea in children also improves with probiotics.³ Likewise, a published review with over 1000 adult participants found that functional constipation improves with probiotics.⁴

A healthy gut microbiome also supports the innate, or nonspecific, immune system by improving the health and function of intestinal absorptive cells.⁵ Studies show that probiotics and commensal bacteria, including *Lactobacillus acidophilus* (La-14), directly influence both the innate and adaptive components of the humoral immune system.⁶⁻⁸ A review of randomized controlled trials shows that probiotics can prevent acute viral upper respiratory infections by 47%.⁹ Research demonstrates that the gut microbiome in allergy-prone individuals differs from those with normal immune function.¹⁰ Animal studies have also shown that supplementation with *L. acidophilus* (La-14) and *Bifidobacterium longum* (BI-05) reduces the magnitude of immune suppression present after stress; decreases blood pressure, LDL, and triglyceride levels; and increases HDL levels.^{11,12}

What the research shows:

Lactobacillus plantarum 299v

Research has shown *L. plantarum* 299v may reduce salivary cortisol levels during acute stress, improve symptoms of irritable bowel syndrome (IBS), reduce intestinal permeability, improve vascular endothelial function, decrease postprandial insulin responses, reduce inflammatory biomarkers, improve iron absorption, support cognitive function in patients with depression, reduce the incidence of *C. difficile* and other infections, and enhance concentrations of fecal short-chain fatty acids.¹³

Lactobacillus acidophilus (La-14)

La-14 displays documented anti-inflammatory activity and oxalate degradation effects which may decrease the risk of kidney stones.¹⁴ La-14 produces bacteriocin, an anti-bacterial compound, and other compounds such as lactic acid and hydrogen peroxide, that may reduce the proliferation of pathogens.^{15,16} In conjunction with other probiotics, La-14 may reduce abdominal fat and increase antioxidant enzyme activity more effectively than an isolated dietary intervention.¹⁷ Oral administration of a probiotic mixture containing La-14 results in colonization of *L. acidophilus* in the vagina of healthy women as well as attenuation of bacterial vaginosis in a mouse model.^{18,19}

Lactobacillus salivarius (Ls-33)

Ls-33 increases the anti-inflammatory cytokine IL-10 in immune cells in-vitro.²⁰ In a mouse model, Ls-33 significantly attenuates

colitis, induces down-regulation of inflammation-related genes, lowers serum levels of some inflammatory cytokines and chemokines, and increases the effects of regulatory T cells.^{21,22}

Bifidobacterium longum (BI-05)

Bifidobacterium spp. are common inhabitants of the human digestive tract. Research shows they may modulate gastrointestinal immune responses, prevent infection by enterohemorrhagic *E. coli*, and support the health of the mucosal barrier.^{23,24}

Supplement Facts

Serving Size: 1 capsule

Servings Per Container: 45

	Amount Per Serving	% DV
Magnesium (as magnesium citrate malate)	13mg	3%
Proprietary Blend of 4 Probiotic Strains Lactobacillus plantarum, LP299V® Lactobacillus acidophilus Lactobacillus salivarius Bifidobacterium longum	200mg	**
Total Cultures	30 Billion CFU*	

** Daily Value (DV) not established.

Other ingredients: Capsule Shell (hydroxypropyl methylcellulose), Microcrystalline Cellulose, Maltodextrin.

Dairy, Soy, Egg & Gluten Free. Vegan.

Suggested Use: Take 1 capsule daily or as directed by your physician.

Caution: If pregnant or nursing, consult your physician before using this or any other product. Keep out of reach of children.

KEEP REFRIGERATED.

Manufactured in the USA from US and worldwide ingredients in a GMP compliant facility.

30 Billion colony forming units (CFU) per vegetarian capsule.*

*At time of manufacture.

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