Florify®
Natural flora to help fortify your digestive system and improve nutrient uptake.

THE NEED
As a result of our modern diet, nearly everyone suffers with occasional indigestion, constipation, and related abdominal discomfort and cramping due to an imbalance of “good” and “bad” flora in the gastrointestinal (GI) tract.

COMPETITIVE SOLUTION
Traditionally, yoghurt and other fermented products have been the main sources of beneficial flora. There are also health food store probiotic brands. However, these alternatives vary greatly in their bacteria strains and potency.

THE MELALEUCA SOLUTION
Florify, with two acid-resistant strains of good flora, enhances vitamin and mineral absorption, helps maintain a healthy immune system, and helps with food decomposition and absorption.

THE MELALEUCA VALUE
Natures Own™ Acidophilus Plus has only 1 billion colonies of flora. Florify delivers the optimal 5 billion colonies of flora.

The digestive tract, one of the largest systems in your body, is approximately one metre long. Sometimes overlooked in regards to nutritional support, your digestive tract is absolutely vital to your ongoing health. Your intestines are responsible for supplying your cells with needed nutrients. They also eliminate toxins that result from natural metabolic processes. What some people don’t realise is that in order for your digestive system to function properly you depend on bacteria—single-celled organisms that are constantly at work in your body.

Bacteria and Your Body
Many of us think of bacteria as inherently “bad.” After all, some bacteria cause infections. However, this notion doesn’t always hold true for your digestive tract, which contains a vast number of bacteria and uses “good” flora for several of its important functions.

Your body is home to more than 100 trillion bacterial cells—which make up about one kilogram of body weight. These microbes live on your skin, in your mouth, and throughout the gastrointestinal (GI) tract. In addition to the huge number of bacteria, there is also a large diversity of bacteria. It’s estimated that there are more than 400 different species of bacteria. Therefore, it is not surprising that these microbes play an important part in our health.
More Digestion-Loving Probiotics—for Less
With the research-based dose of 5 billion colonies of flora daily, Florify gives you 5 times the flora of health food store brands—for only AU53¢/NZ63¢ per dose!

Supporting Research

Most flora are not harmful. In fact, they positively affect our growth and development. At best, "friendly" flora make up about one third of the flora population in your gut. At worst, and especially after years of a poor diet, levels of good flora may be so low that they are virtually undetectable. Your GI tract needs the proper amount of good flora—scientifically known as probiotics—to promote optimal health.1

A Review of Your GI Tract
To appreciate how probiotics can positively influence your digestive system, you need to understand your gastrointestinal tract. The digestive process begins as soon as food enters your mouth. Chewing increases food’s surface area—making it more susceptible to digestive enzymes, including those in your saliva. (Smaller food particles also travel more easily and quickly through the small and large intestines.) In your stomach, food mixes with gastric juices. This mixture, called chyme, is then moved out of the stomach and into the small intestine. There, more enzymes and bile mix with the chyme to completely break down proteins, fats, and carbohydrates. Most nutrients are absorbed in your small intestine. Within 4–6 hours of eating, what is left over passes into your large intestine or colon. This waste material accumulates, water and electrolytes are absorbed, and then it passes out of your system.

GI Tract Flora
The billions of flora present in your GI tract have the potential to act in a favourable, detrimental, or neutral way. These microbes are not very prevalent in your stomach or upper small intestine. The high acid and bile concentrations in these areas coupled with the rapid transit time of the contents do not encourage much microbial growth. Most of the flora in your GI tract is present in the lower small intestine and large intestine. The flora in your colon completes the digestive process on any food components that were not digested in the small intestine. (For example, lactose in lactose-intolerant people or fibre that is resistant to the enzymes in the small intestine.) But studies suggest intestinal bacteria perform non-digestive microbial activities as well. There is strong evidence that normal flora populations are important to the immune system and nutrient absorption.

Florify’s Two Acid-Resistant Probiotics
Florify contains two probiotic strains—Lactobacillus acidophilus and Bifidobacterium lactis. These probiotics are strong enough to endure your stomach acid, pass through the digestive process, and enter your large intestine where they go to work balancing intestinal flora.

Probiotics (like those in Florify) were put through extensive tests in collaboration with the Institute Pasteur in Lille, France—the world’s most prestigious biological research laboratories. Each strain underwent in vitro laboratory tests for pH tolerance, bile tolerance, and sensitivity to antibiotics—all essential for survival in the human body. Scientists also conducted clinical trials in vivo (in the body) to verify the effectiveness of the lab tests and to verify probiotics improve nutrient uptake and balance the healthy and bad flora in your intestine.

Florify’s probiotics are not unknown to your body. They are normal inhabitants of a healthy intestine. Lactobacillus acidophilus targets the upper part of your GI tract—your stomach, duodenum, jejunum, and ileum. Bifidobacterium lactis works on the lower part of your GI tract—the large intestine.

When Florify’s probiotics are introduced into your body, they establish a rapport with the other bacteria that naturally reside there. They attach themselves to the intestine wall where they help maintain healthy flora. Studies show Lactobacillus acidophilus and Bifidobacterium lactis promote a healthy balance of intestinal flora by producing organic compounds like lactic acid, hydrogen peroxide, and acetic acid. These acids naturally increase the acidity of the intestine for a better balance between healthy and bad flora.1

These probiotics also produce substances called bacteriocins, which further promote intestinal health.
Florify's probiotics persist only as long as they are continually ingested. Florify, with 5 billion colonies, must be taken consistently in order to increase and maintain the number of beneficial flora in your system.

**Florify's FOS**
In addition to Lactobacillus acidophilus and Bifidobacterium lactis, Florify also includes FOS (fructooligosaccharides). FOS are nondigestible dietary fibers that help keep your stomach and bowels healthy. Scientifically known as prebiotics, FOS nourish and encourage the growth of Florify's probiotics.

**Florify Is for Everyone**
Clinical studies show that people with flourishing intestinal colonies of helpful flora are better equipped to sustain intestinal health. Add Florify to your supplement regimen and enjoy life with a healthier gastrointestinal system.

A properly functioning digestive system is essential for ongoing health. Florify fortifies your digestive system, helps enhance vitamin and mineral absorption, boosts your immune system, and helps with food decomposition and absorption.