H2PRO™ Bone & Joint Health Formula

Reference Materials

H2PRO Probiotic Blend

The H2PRO Probiotic Blend was developed by Dr. Alan S. Baumgarten from evidence-based review of the medical literature and professional experience to combine the health benefits of four well-researched strains of probiotic species that provide immune modulating and health condition specific benefits including:

- Beneficial bacteria for the Gastrointestinal tract
- Inhibit the growth of harmful bacteria in the Gastrointestinal tract
- Prevent antibiotic associated diarrhea
- Help manage Gastrointestinal symptoms including constipation, bloating and diarrhea
- Fortify the immune system to help fight viral infections including colds and flu

<table>
<thead>
<tr>
<th>H2PRO Probiotic Blend</th>
<th>7 Billion CFU*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bonus! Our H2PRObiotic blend can benefit digestive health, immune health &amp; respiratory health.</td>
<td></td>
</tr>
<tr>
<td>Lactobacillus acidophilus (NCFM)</td>
<td>2 Billion CFU</td>
</tr>
<tr>
<td>Lactobacillus paracasei (Lpc-37)</td>
<td>3 Billion CFU</td>
</tr>
<tr>
<td>Bifidobacterium lactis (Bi-07)</td>
<td>1 Billion CFU</td>
</tr>
<tr>
<td>Bifidobacterium lactis (Bi-04)</td>
<td>1 Billion CFU</td>
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</tbody>
</table>

* Colony Forming Units at the time of manufacturing

Clinical research supporting the specific H2PRO Bone & Joint Health probiotics species includes:


**Probiotics for Bone & Joint Health**


**H2PRO Bone & Joint Health Vitamin and Micronutrient Enhancements**

The H2PRO vitamin and micronutrient enhancements have been specially selected by Dr. Alan S. Baumgarten from evidence-based review of the medical literature and professional experience to promote individual health and wellness. The vitamin and micronutrient formulations supplement daily intake and encourage higher levels of health and wellness for specific conditions.

<table>
<thead>
<tr>
<th>Micronutrient &amp; Vitamin Enhancements</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calcium</strong>: essential element for the building and maintenance of healthy bones.</td>
<td>100 mg</td>
</tr>
<tr>
<td><strong>Magnesium</strong>: every cell in the body requires this mineral, which partners with Calcium to build and maintain healthy bones &amp; joints.</td>
<td>40 mg</td>
</tr>
<tr>
<td><strong>Vitamin D3</strong>: an important pro-hormone that regulates calcium absorption to help maintain healthy bones &amp; joints.</td>
<td>1,000 IU</td>
</tr>
<tr>
<td><strong>Glucosamine</strong>: a component in the biosynthesis of connective tissues &amp; cartilage.</td>
<td>400 mg</td>
</tr>
<tr>
<td><strong>Chondroitin Sulfate</strong>: an important structural component of cartilage; also a component of connective tissue in the joints.</td>
<td>400 mg</td>
</tr>
</tbody>
</table>
A representative selection of clinical research supporting the specific H2PRO Bone & Joint Health vitamin and micronutrient enhancements includes:

**Glucosamine & Chondroitin**


**Vitamin D**


**Calcium**


**Magnesium**
