



# H2PRO™ Immune 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

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

*\* Colony Forming Units at the time of manufacturing*

Clinical research supporting the specific **H2PRO Immune Health** probiotics species includes:

West NP, Horn PL, Pyne DB, GebSKI VJ, Lehtinen SJ, Fricker PA, Cripps AW. Aug 2014. Probiotic supplementation for respiratory and gastrointestinal illness symptoms in healthy, physically active individuals. Clin Nutr, 33(4):581-7.

Hemalatha R, Ouwehand AC, Forssten SD, Babu Geddan JJ, Mamidi RS, Bhaskar V, Radhakrishna KV. May 2014. A Community-based Randomized Double Blind Controlled Trial of Lactobacillus

paracasei and Bifidobacterium lactis on Reducing Risk for Diarrhea and Fever in Preschool Children in an Urban Slum in India. Eur J Nutr & Food Safety, 4(4):325-41.

Ringel-Kulka T, Palsson O, Maier D, Carroll I, Galanko JA, Leyer G, Ringel Y. 2011. Probiotic Bacteria: Probiotic Bacteria Lactobacillus acidophilus NCFM and Bifidobacterium lactis Bi-07™ Versus Placebo or the Symptoms of Bloating in Patients With Functional Bowel Disorders - a Double-blind Study. J Clin Gastroenterol. 45: 518-525.

Leyer GJ, Li S, Mubasher ME, Reifer C, Ouwehand AC. 2009. Probiotic effects on cold and influenza-like symptom incidence and duration in children. Pediatrics 124: e172-e179.

Albertini B, Vitali B, Passerini N, Cruciani F, Di Sabatino M, Rodriguez L, Brigidi P. 2010. Development of microparticulate systems for intestinal delivery of Lactobacillus acidophilus and Bifidobacterium lactis. Eur J Pharm Sci. 40: 359-366.

Roessler A, Forssten SD, Gleis M, Ouwehand AC, Jahreis G. 2011. The effect of probiotics on faecal microbiota and genotoxic activity of faecal water in patients with atopic dermatitis: A randomized, placebo-controlled study. Clin Nutr. 2011 Sep 30.

Paineau D, Carcano D, Leyer G, Darquy S, Alyanakian MA, Simoneau G, Bergmann JF, Brassart D, Bornet F, Ouwehand AC. 2008. Effects of seven potential probiotic strains on specific immune responses in healthy adults: a double-blind, randomized, controlled trial. FEMS Immunol Med Microbiol. 53: 107-113.

Ouwehand AC, Nermes M, Collado MC, Rautonen N, Salminen S, Isolauri E. Specific probiotics alleviate allergic rhinitis during the birch pollen season. World J Gastroenterol. 2009 15: 3261-3268.

## **H2PRO 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.

<b>Micronutrient &amp; Vitamin Enhancements</b>	
<b>Arginine:</b> this conditionally essential amino acid strengthens the immune system by increasing lymphocyte production.	250mg
<b>Glutamine:</b> a non-essential amino acid, it's the digestive tract's preferred fuel in the synthesis of immune specific RNA & DNA.	1,000 mg
<b>Zinc:</b> acts as an enzyme to support cell growth, protein synthesis and immunity.	50 mg
<b>Vitamin C:</b> a metabolic co-factor used to build and maintain tissues and strengthen the immune system.	250 mg
<b>Vitamin D3:</b> an important pro-hormone in metabolism and immunity.	1,000 IU

A representative selection of clinical research supporting the specific **H2PRO Immune Health** vitamin and micronutrient enhancements includes:

Maggini S, Wenzaff S, Hornig, D. Essential Role of Vitamin C and Zinc in Child Immunity and Health. *J. International Medical Res*, 2010; 386-414.

Bikle D. Vitamin D and Immune Function: Understanding Common Pathways. *Current Osteoporosis Reports*, 2009; 7:58-63.

Newsholme P. Why is L-Glutamine Metabolism Important to Cells of the Immune System in Health, Post-Injury, Surgery and Infection? *J of Nutrition*, 2001; 131, 2515S-2522S.

Wernerman J. Clinical Use of Glutamine Supplementation. *J of Nutrition*, 2008; 138: 2040S-2044S.

Field CJ, Johnson I, Pratt VC. Glutamine and Arginine: Immunonutrients for Improved Health. *Medicine and Science in Sports & Exercise*, 2000; 32 (7 Supp): S377-88.