

## FREQUENTLY ASKED QUESTIONS

# Optiflora® DI

### CLINICALLY PROVEN PROBIOTICS FOR DIGESTIVE HEALTH\*

Optiflora DI delivers unique benefits via a proprietary formula with 10 billion CFUs from four bacterial strains including the powerhouse *Bifidobacterium lactis* HN019™, which is clinically proven to support digestive health.†



### WHAT ARE THE PRIMARY DIFFERENCES BETWEEN OPTIFLORA® DI AND OPTIFLORA® PROBIOTIC?

The first difference is that only Optiflora DI features *Bifidobacterium lactis* HN019, clinically proven to support digestive health. The Shaklee “Proven by Science” commitment spans more than 60 years and more than 135 clinical studies, published papers, and scientific presentations.

- The prominent Optiflora DI probiotic – *Bifidobacterium lactis* HN019 – has been clinically proven in peer-reviewed, published studies to support digestive health
- Optiflora Probiotic is an excellent probiotic for everyday support for digestive health

There are also differences in the number and type of bacteria: Optiflora Probiotic contains two strains (*Bifidobacterium longum* and *Lactobacillus acidophilus*) for a total of 500 million bacteria, whereas Optiflora DI contains four strains (*Bifidobacterium lactis* HN019, *Lactobacillus acidophilus* La-14®, *Lactobacillus plantarum* Lp-115®, and *Lactobacillus rhamnosus* GG™), totalling 10 billion bacteria. While it’s tempting to consider “the more the merrier” in terms of number and type of strains, more impactful is the type of strain. The strains in Optiflora Probiotic have been demonstrated to provide dietary support for normal, healthy intestinal microflora. Optiflora DI contains an individual strain, *B. lactis* HN019, that has been clinically proven to support digestive health.

### CAN I TAKE BOTH?

Yes. They can be taken together, if desired. It’s a safe regimen to add more “good” bacteria to help support a healthy gut.

### WHY DOESN'T OPTIFLORA DI HAVE THE TRIPLE-LAYER ENCAPSULATION TECHNOLOGY THAT OPTIFLORA PROBIOTIC HAS?

The prevalent strain in Optiflora DI – *B. lactis* HN019 – has been laboratory tested to survive passage through the digestive tract to the large intestine without the need for special coatings, delivering maximum benefit to the gut. Because of this feature, Optiflora DI capsules don’t require triple-layer encapsulation.

### I'M CURRENTLY TAKING VITALIZER™, WHICH INCLUDES AN OPTIFLORA PROBIOTIC CAPSULE. CAN I ALSO TAKE OPTIFLORA DI?

Yes. Optiflora DI and Optiflora Probiotic add more good bacteria to promote a healthy gut. They’re designed to work together to promote comprehensive digestive support.

### WHAT ARE PROBIOTICS?

Your gut contains more than 40 trillion bacteria cells, and everyday factors such as stress or diet can decrease the number of good bacteria. Probiotics are live micro-organisms (i.e., bacteria and yeasts) that, when taken in adequate amounts, may confer a health benefit to the user. More simply, they’re good bacteria that you can add to your health regimen for a variety of benefits including digestive support. They’re often called “good” or “helpful” bacteria because they help keep your gut healthy. Taking a probiotic supplement such as Optiflora DI helps maintain the natural balance of intestinal microflora, thus helping boost digestive health and contribute to better overall health.

### WHAT'S THE DIFFERENCE BETWEEN PROBIOTICS AND PREBIOTICS?

In simple terms, prebiotics are a food source for probiotics. As prebiotic fibres travel through the digestive system, they nourish the good bacteria along the way and help them grow and multiply. The result? More good bacteria in the gut, which means better digestion.

### ARE PROBIOTIC PRODUCTS WITH MORE THAN 10 BILLION BACTERIA BETTER FOR ME?

Not necessarily. You’ve probably seen the acronym CFU on a probiotic product label. This refers to colony-forming units, which basically tells you how many bacteria in the sample are capable of dividing and forming colonies. A bigger number on the bottle doesn’t always mean better results. The best dose per strain is the one that’s been studied in humans and shown to deliver positive outcomes.

### WHO SHOULD TAKE OPTIFLORA DI?

Healthy people who are interested in promoting their digestive wellness would benefit from taking Optiflora DI. With continued daily use, Optiflora DI helps fortify your digestive system with healthy bacteria to help support a healthy digestive system and maintain gastrointestinal balance.

### WILL I NOTICE CHANGES UPON TAKING OPTIFLORA DI?

In the first few days of taking any new probiotic supplement, some people may experience gas and/or bloating as the body adjusts. This reaction is typically mild and temporary and may suggest that the probiotics are working.

### CAN I TAKE BOTH A MULTIVITAMIN AND PROBIOTICS?

Yes. Probiotics and vitamins work together really well in the body. Vitamins don’t impede the probiotics’ role, just as probiotics don’t hamper the vitamins’ potency.

# Optiflora® DI



## CAN CHILDREN TAKE OPTIFLORA DI?

It's best to consult your child's physician. We recommend you keep Optiflora DI out of the reach of children.

## CAN I USE THIS PRODUCT WHILE PREGNANT?

If you're pregnant, breastfeeding, or trying to become pregnant, ask your health care professional before using Optiflora DI.

## ARE THERE ANY SIDE EFFECTS?

You may experience mild bloating, gas, or digestive gurgling when you first begin taking Optiflora DI. There's no need to worry, though; this is due to the changing environment in the digestive system and should go away within a short period of time. If these effects last longer than two weeks, we recommend discussing them with your health care professional.

## WHAT'S THE BEST TIME OF DAY TO TAKE THIS PRODUCT?

Optiflora DI can be taken with or without food at any time during the day.

## HOW OFTEN SHOULD I TAKE OPTIFLORA DI?

We recommend daily use to help maintain optimal gastrointestinal core health. Optiflora DI is designed to be used once a day, every day, as part of your healthy lifestyle.

## CAN I USE IT WHILE TAKING ANTIBIOTICS?

Some antibiotics may make Optiflora DI less effective. If you're taking an antibiotic, consult your doctor for advice.

## DOES OPTIFLORA DI NEED TO BE REFRIGERATED?

No. However, it should be kept in a cool, dry place below 25° C (77° F) to ensure its potency until the expiry date.

## WHY DOESN'T OPTIFLORA DI NEED TO BE REFRIGERATED?

The bacterial strains in Optiflora DI have been freeze-dried and don't require refrigeration. Optiflora DI has been formulated and tested to confirm that it remains effective without refrigeration for a 24-month shelf life.

## IS OPTIFLORA DI KOSHER?

Yes. It's certified Kosher Dairy.

## IS IT OKAY TO TAKE THIS PRODUCT IF I'M LACTOSE INTOLERANT?

Yes. Optiflora DI capsules are dairy free.

## ARE THE CAPSULES SOY FREE?

Yes.

## ARE THEY GLUTEN FREE?

Yes.

## ARE THERE OTHER HEALTH CLAIMS THAT CAN BE MADE FOR OPTIFLORA DI?

Currently, Health Canada doesn't allow claims for probiotic products beyond helping digestive support. Additional claims (e.g., helping support immune health) can only be made with extensive evidence of safety and efficacy from multiple human clinical studies on the ingredients involved or the product itself. This information may be provided to Health Canada at a later date to expand our claims.

\*Optiflora DI has not been clinically tested. The HN019 strain, an ingredient in the product, is clinically proven.

†See clinical studies on *Bifidobacterium lactis* HN019 at Shaklee.com.

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