



Introducing

UltraFlora[®] Control

Targeted to Help Control Body Weight*

UltraFlora[®] Control is specially designed to help support body weight regulation by delivering targeted probiotic support as *Bifidobacterium lactis* B-420™, which has been clinically shown to help control body fat and body weight.*



A New Way to Help You Stay in Control

In record numbers, many Americans are losing the battle against the bulge.

Presently, more than two in every three American adults are overweight or at risk for being overweight.¹ With so many people waging this battle, healthy weight loss and management are essential for long-term health and wellness.*

But the battle against the bulge is more than weight loss alone. Losing weight is only the first challenge. The second is managing it.²

In fact, population studies (e.g., the Helsinki Health Study) have demonstrated that many individuals steadily gain weight over time, so controlling body weight may be an issue even for those who are not actively trying to lose weight and those who may be prone to weight gain.³

A revolutionary approach, UltraFlora Control offers targeted probiotic support with 10 billion colony forming units (CFU) of *Bifidobacterium lactis* B-420™, which has been clinically shown to help control body fat and body weight—offering practitioners an effective nutritional tool to help patients in their quest for healthy weight management.*



*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.

An Innovative Approach to Body Weight Regulation*

Diet and exercise are the gold standard for weight loss, but the struggle to drop pounds and keep them off remains. As an addition to this regimen, UltraFlora Control may help individuals achieve body weight regulation by modifying gut microbiota composition—leading to the production of beneficial gut metabolites and helping to improve gut integrity (Figure 1).^{4-8*}

By delivering 10 billion CFU of the targeted probiotic *Bifidobacterium lactis* B-420™, UltraFlora Control may help:*

- Support body weight regulation
- Control body fat
- Reduce waist circumference
- Control abdominal fat

In a 6-month clinical study of overweight individuals, those taking *Bifidobacterium lactis* B-420™ showed reduced energy intake, making it a powerful ally in the war on weight.*

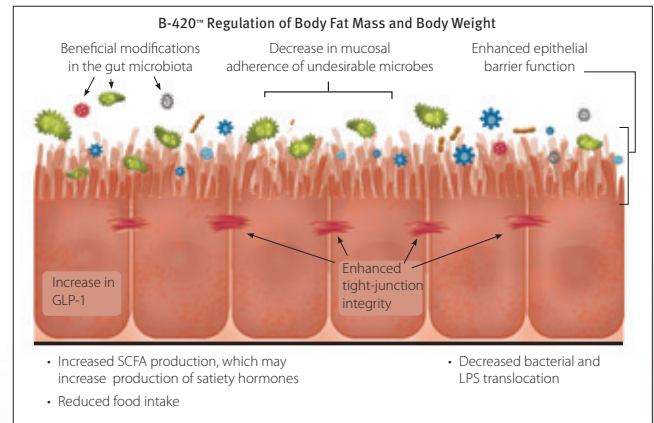


Figure 1. The *Bifidobacterium lactis* B-420™ probiotic strain influences the composition of intestinal microbiome and epithelial barrier function and may enhance satiety signaling, all of which may play a role in the regulation of body weight and fat mass.⁴⁻⁸

Probiotic Support for Weight Management*

In overweight individuals, the *Bifidobacterium lactis* B-420™ strain showed reduced body fat mass, body weight, waist circumference, and abdominal fat—all compared to placebo.*⁸

When used as a part of a program including diet and exercise, *Bifidobacterium lactis* B-420™ may help contribute to long-term weight maintenance.*





UltraFlora® Control

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In a six-month clinical study of overweight individuals taking *Bifidobacterium lactis* B-420™, it was shown to help:

- Control body fat*
- Control body weight*
- Reduce waist circumference*
- Control abdominal fat*
- Promote short-chain fatty acid production (SCFA)*

1. National Institute of Diabetes and Digestive and Kidney Diseases. Overweight and Obesity Statistics. <https://www.niddk.nih.gov/health-information/health-statistics/Documents/stat904z.pdf>. Accessed December 8, 2016.

2. Kraschewski JL, Boan J, Esposito J, et al. Long term weight loss maintenance in the United States. *Int J Obes (Lond)*. 2010;34(11):1644–1654.

3. Loman T, Lallukka T, Laaksonen M, et al. Multiple socioeconomic determinants of weight gain: the Helsinki health study. *BMC Public Health*. 2013;13:259.

4. Stenman LK, et al. Probiotic With or Without Fiber Controls Body Fat Mass, Associated With Serum Zonulin, in Overweight and Obese Adults—Randomized Controlled Trial. *EBioMedicine*. 2016;13:190-200.

5. Amar J, Chabo C, Waget A, et al. *EMBO Mol Med*. 2011;3(9):559-572.

6. Putaala H, Salusjärvi T, Nordström M, et al. Effect of four probiotic strains and *Escherichia coli* O157:H7 on tight junction integrity and cyclo-oxygenase expression. *Res Microbiol*. 2008;159(9-10):692-698.

7. Stenman LK, Waget A, Garret C, et al. Potential probiotic *Bifidobacterium animalis ssp. lactis* 420 prevents weight gain and glucose intolerance in diet-induced obese mice. *Beneficial Microbes*. 2014;5(4):437-445.

8. Stenman LK, Waget A, Garret C, et al. Probiotic B420 and prebiotic polydextrose improve efficacy of antidiabetic drugs in mice. *Diabetol Metab Syndr*. 2015;12(7):75.

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➤ To order, contact your Metagenics representative
or call: **800.692.9400**
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