

# Optiflora® DI

## CLINICALLY PROVEN PROBIOTIC FOR DIGESTIVE AND IMMUNE HEALTH

Optiflora DI delivers unique benefits via a proprietary formula containing 10 billion CFUs with 4 bacterial strains, including the powerhouse *Bifidobacterium lactis* HN019, proven in clinical studies to provide both immune function and digestive health support.\*



### WHAT ARE THE PRIMARY DIFFERENCES BETWEEN OPTIFLORA DI AND OPTIFLORA PEARL?

First, the *B. lactis* HN019 in Optiflora DI has been clinically proven to support both digestive and immune health.\* The Shaklee “Proven by Science” commitment spans 62 years, over 135 clinical studies, published papers, and scientific presentations.

- Optiflora DI probiotic has been clinically proven in peer-reviewed, published studies to support digestive and immune health.\*
- Optiflora Pearl is an excellent probiotic for digestive health and overall good health.\* Maintaining good health in general supports a healthy immune system.

Second, there are differences in the number and type of bacteria: Optiflora Pearl 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™) totaling 10 billion bacteria. While it is 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 the Pearl have been demonstrated to help maintain a healthy digestive balance.\* Optiflora DI contains an individual strain, HN019, that has been clinically proven to support both digestive and immune health.\*

### CAN I TAKE BOTH?

The products can be taken together if desired. It is 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 THE PEARL 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, delivering maximum benefit to the gut. Because of this feature, Optiflora DI capsules do not require triple-layer encapsulation.

### IF I AM CURRENTLY TAKING VITALIZER™, WHICH INCLUDES OPTIFLORA PEARL, CAN I TAKE THE NEW OPTIFLORA DI?

Yes. This is a safe regimen to add more “good” bacteria to help support a healthy gut.

\*See clinical studies on *B. lactis* HN019 at [Shaklee.com](http://Shaklee.com)

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

### WHAT ARE PROBIOTICS?

So, what are probiotics? Probiotics are live microorganisms that when taken in adequate amounts may confer a health benefit on the user. More simply, they are good bacteria that you can add to your health regimen for a variety of benefits, including digestive and immune support. Taking a probiotic supplement like Optiflora DI, helps to maintain the natural balance of bacteria, thus helping to boost digestive health, support the immune system, and contribute to better overall health.\*

Since there are many different bacterial strains, it’s important to understand that not all probiotics deliver the same digestive and immune health benefits.

### WHAT IS THE DIFFERENCE BETWEEN PROBIOTICS AND PREBIOTICS?

In simple terms, prebiotics are a food source for probiotics. As prebiotic fibers 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 and a stronger natural defense system.

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

Not necessarily. You’ve probably seen the term CFU on a probiotic label. That 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 does not always mean better results. The best dose, per strain, is the one that has 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 digestive balance.\*

### WILL I NOTICE CHANGES UPON SWITCHING TO OPTIFLORA DI?

As with other probiotics, in the first few days of taking a new probiotic, some people may experience gas and bloating as your body adjusts. This is typically mild, temporary, and may suggest that the probiotics are working.

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## CAN I TAKE BOTH A MULTIVITAMIN AND PROBIOTIC?

Yes, probiotics and vitamins work together really well in the body. Vitamins do not impede the probiotics' role, just as probiotics do not hamper the vitamins' potency.

## CAN CHILDREN TAKE OPTIFLORA DI?

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

## CAN I USE WHILE PREGNANT?

If you are pregnant, or breastfeeding or trying to become pregnant ask a 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. No need to worry—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 with your health care professional.

## WHAT IS THE BEST TIME OF DAY TO TAKE IT?

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

## HOW OFTEN SHOULD I TAKE THIS PRODUCT?

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

## CAN I USE WHILE TAKING ANTIBIOTICS?

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

## DOES OPTIFLORA DI NEED TO BE REFRIGERATED?

No.

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

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

## IS IT KOSHER?

Yes. It is certified Kosher Dairy.

## IS IT OK TO TAKE IF I AM LACTOSE INTOLERANT?

Yes. The Optiflora DI capsules are dairy free.

## IS IT SOY FREE?

Yes.

## IS IT GLUTEN FREE?

Yes.

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