Digestive problems comprise the number one health problem in North America. These concerns encompass everything from hemorrhoids to colon cancer and result in more time lost—at work, school, and play—than any other health problem. They also appear to be occurring with much more frequency. While many of them were almost unheard of in our grandparents’ time, they are cropping up more and more and at an earlier age.

One way to help maintain digestive health is to be aware of and “take care of” our intestinal flora—the trillions of bacteria that make the digestive tract their home.

**Intestinal flora**

Bacteria thrive in our bodies. There are more bacteria in the digestive system than there are cells in the body—some 100 trillion. Their total weight is about 4 lbs (1.8 kg)—the size of the liver.

Bacteria have both good and bad populations. When unfriendly bacteria dominate, the effects include diarrhea, gas, bloating, intestinal toxicity, constipation, and malabsorption of nutrients as well as the illness that results from pathogens like E. coli and Salmonella.

**Good bacteria (probiotics)**

Probiotics is the term used to describe the healthy bacteria that naturally occur in the gut.

**What do good bacteria do for us?**

Good bacteria do much more than counteract the bad bacteria. They also provide us with other powerful benefits:

- aid in the digestive process by helping digest lactose (milk sugar) and protein.
- clean the intestinal tract, purify the colon, and promote regular bowel movements.
- create lactic acid, which balances intestinal pH.
- produce antibiotics and antifungals that prevent the growth of bad bacteria and fungi and contribute to the destruction of bad bacteria, molds, viruses, and parasites.
- protect us from environmental toxins such as pesticides and pollutants, reduce toxic waste at the cellular level, and stimulate the repair mechanism of cells.
- enhance our immune response.
- manufacture vitamins B6, B12, K, folic acid, and assorted amino acids.
- may help maintain healthy cholesterol and triglyceride levels.

**AIM FloraFood®**

FloraFood contains a special blend of three powerful good bacteria—Lactobacillus gasseri, Bifidobacterium bifidum, and Bifidobacterium longum.

**Lactobacilli**

Lactobacilli are one of the most important types of good bacteria found in the digestive tract, making mainly the small intestine home. Lactobacillus gasseri is one of the main species of lactobacilli that inhabits the human gastrointestinal tract. These bacteria get their name (lacto) because they are
able to turn lactose milk sugar into lactic acid. *Lactobacilli* are able to “balance” bad bacteria because when they produce lactic acid they alter the intestinal environment, making it unsuitable for bad bacteria. In clinical trials *Lactobacillus gasseri*; when combined with *Bifidobacterium longum* may shorten the duration and decrease the severity of diarrhea in adults.

Other than the obvious health advantages, the common use of antibiotics is often linked to gastrointestinal side effects, and the *Lactobacilli*, like *Lactobacillus gasseri*, are thought to offset these effects by recolonizing the intestine during and after an antibiotics course.

**Bifidobacteria**

*Bifidobacteria* are good bacteria, colonizing mainly the large intestine or colon and contributing to regularity. Bifidobacteria are considered extremely important to the health of the gastrointestinal tract. The *bifidobacteria* have been used to address intestinal disorders and boost the immune system. These strains are also important for the production of B vitamins.

*Bifidobacteria* may also reduce antibiotic-induced fluctuations in intestinal bacteria and the GI distress that can ensue. Antibiotics are particularly effective at killing all kinds of bacteria, good and bad—often leading to secondary infections.

*Bifidobacterium bifidum* is especially good at enhancing the body’s immune response and inhibiting harmful enzymes.

**Prebiotics (fit ‘n fiber) feed probiotics**

To help feed the three types of good bacteria found in FloraFood, AIM’s fit ‘n fiber formula includes three types of prebiotic fiber: acacia, konjac (glucomannan) and guar gum. Each serving delivers 8 grams of prebiotic fiber to feed the good bacteria, helping them to reproduce exponentially to ensure a balanced gut microbiome.

**How to use FloraFood**

- Take 1 capsule with meals twice daily, with 8 oz (240 ml) of water for maintenance.
- Best taken with meals. Food dilutes the stomach acids, creating an environment conducive to bacterial survival.
- FloraFood does not require refrigeration.
- AIM guarantees viability of the bacteria at the time of expiration.

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**Q & A**

**Who should use FloraFood?**

Anyone concerned about digestive health should consider using FloraFood. You should definitely take it if you are undergoing or have recently undergone an antibiotics course because antibiotics destroy friendly bacteria. Those who are traveling can also greatly benefit. Anyone exposed to stress could also benefit, since stress upsets our digestive tract.

**Does FloraFood need to be refrigerated?**

Most probiotics require refrigeration, but the bacteria in FloraFood are stable at room temperature due to the unique and proprietary processing methods used in its manufacture. Therefore, FloraFood does not require refrigeration.

**Is there anyone who should not use FloraFood?**

It is considered safe for everyone; however, diabetics using FloraFood should be monitored carefully because blood sugar levels may fluctuate and insulin intake may need to be regulated. When using dietary supplements, it is recommended that you consult your healthcare practitioner.

**Will there be any side effects?**

FloraFood is completely safe. However, some detoxification may occur. Please see our detoxification data sheet for more information. Pregnant and lactating women should always consult a healthcare practitioner when adding new supplements to their diet.

**May I take FloraFood with AIM PrepZymes® or other products?**

You may take FloraFood with other AIM products. FloraFood and PrepZymes are both best taken with meals. However, PrepZymes will break down the bacteria in FloraFood, so take these products with alternate meals.

**What is the source of the bacteria found in FloraFood?**

All three strains of bacteria in FloraFood are cultured in a laboratory environment from good bacteria derived more than 30 years ago from a healthy human source.