

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

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Friendlies

What is it like to have 225 Billion friends?

WHAT IT IS:

- A high-potency, six-strain probiotic powder combined with a clinically studied prebiotic fiber, in single-serve packets

WHY YOU NEED IT:

- Delivers 225 billion colony forming units per packet — a true therapeutic dose, not a maintenance dose
- Six clinically characterized strains of Lactobacillus and Bifidobacterium
- Includes FiberAid™ larch arabinogalactan, a prebiotic fiber that feeds the strains you are taking
- Important for patients recovering from a course of antibiotics
- Great for patients with irregular bowel habits, bloating, food sensitivities or a history of gut infection
- Targets patients needing an immune boost
- Dairy free, only 10 calories, and mixes clear into water — no refrigeration hassle in single-serve packets
- Individually sealed packets protect potency and travel easily

HOW IT HELPS:

The human intestine houses trillions of bacteria that participate directly in digestion, vitamin synthesis, immune signaling and the integrity of the gut lining. Antibiotics, illness, travel, stress and a low-fiber diet all thin out these populations. Dr. Hirt's Friendlies is designed to restore your microbiome decisively rather than gradually, which is why each packet delivers 225 billion organisms — orders of magnitude more than a typical retail probiotic.

The formula supplies six proven strains: Lactobacillus acidophilus (La-14), Bifidobacterium bifidum (Bb-06), Lactobacillus plantarum (Lp-115), Bifidobacterium lactis (BI-04), Lactobacillus casei (Lc-11) and Lactobacillus salivarius (Ls-33). These strains colonize different regions of the

digestive tract, from the small intestine through the colon, so coverage is broad rather than concentrated in one segment.

What sets this formula apart is the prebiotic base. FiberAid™ larch arabinogalactan is a water-soluble fiber extracted from the North American larch tree. It passes undigested into the large intestine, where it is selectively fermented by exactly the anaerobes this product delivers — Bifidobacteria and Lactobacilli. That fermentation generates short-chain fatty acids, principally butyrate and propionate, which are the preferred fuel of the cells lining the colon and a key support for a healthy intestinal barrier.

Larch arabinogalactan has independent value as well. Published clinical research has shown it enhances natural killer cell activity, supports the antibody response to vaccination, and in one trial reduced the incidence of common cold episodes by 23 percent. Roughly seventy percent of the immune system resides in and around the digestive tract, so supporting the gut and supporting immunity are not separate projects.

Dosage:

Mix the contents of one packet into 4 to 8 ounces of cool water or juice once daily, or as directed. If you are taking antibiotics, separate this product from the antibiotic dose by at least two hours. Do not mix into hot liquids.