

FAQ

Megaflora Senior: Balancing the intestinal flora in the elderly



Why Megaflora Senior?

- It has a long shelf life: 3 years
- It can be stored at room temperature
- It has a high gastrointestinal survival (the bacteria resists the acidic pH of the stomach and the alkaline pH of the intestine).
- More than 90% bacteria survive when reaching the intestine with guaranteed activity.
- Short time hydration of the bacteria: 1 minute
- Designed especially for the intestinal health of the elderly

What changes in Megaflora Senior regarding Megaflora 9 Evo?

- It has 10 strains
- 3 new strains specially selected for the elderly:
 - *Bifidobacterium animalis* W53
 - *Bifidobacterium bifidum* W23
 - *Lactobacillus rhamnosus* W71
- The matrix contains vitamin D

What features does the Megaflora Senior matrix provide?

- 3 years of stability.
- Room temperature storage.
- Increased gastrointestinal survival.
- Speeds up the activation of bacteria.

What do the new strains of Megaflora Senior contribute?

- High activity against *Clostridium difficile*.
- Maintenance of the integrity of the intestinal barrier against disruption by *Salmonella enteritidis*.

What kind of studies does Megaflora Senior have?

It has pre-clinical trials on:

- *Clostridium difficile* inhibition.
- Strengthening of the intestinal barrier against *Salmonella enteritidis*.
- Induction of the production of Th1 or T helper lymphocytes.

Why is it kept at room temperature (25° C)?

Thanks to the matrix in which probiotic strains are included.

Is Megaflora Senior safe?

Bacterial strains containing Megaflora Senior have the qualification of QPS (Qualified Presumption of Safety).

Where do probiotics work?

In the intestine, at three levels:

1. Probiotic-microorganism interaction
2. Probiotic-intestinal mucosa interaction
3. Probiotic-immune system interaction.

Why is it important that the bacteria of Megaflora Senior be included in a matrix?

The matrix acts as a growth substrate for bacteria and provides them with all the characteristics already described above.

Are the bacteria of Megaflora Senior alive, dead, microencapsulated?

They are alive in a state of dormancy. They are activated and revived upon contact with a liquid or yogurt.

Why is it important to have an intestinal mucosa in good condition?

Our intestine is known as the second brain because the processes of absorption and control of substances that it carries out have a decisive influence on the health of the person.

Can Megaflora Senior be mixed with other ingredients?

It is not recommended without ask us previously, as some ingredients may have a negative effect on the functionality of the strains.

Does Megaflora Senior have any allergens to declare?

Megaflora Senior is allergen free.

Can Megaflora Senior be encapsulated?

Yes. It can be encapsulated but it is not recommended to compress unless a coating is used to ensure the viability of the bacteria.

What is the recommended dosage?

Given the concentration of 2,000,000,000 million bacteria/g, a dose of 1 g is recommended for maintenance and 2 g in case of treatment.

Since some probiotics are producers of histamine, can people with histamine intolerance take Megaflora Senior?

Genetic assays have been carried out on all probiotic strains of Megaflora Senior to ensure that they are free of the genes necessary to produce histamine, so Megaflora Senior is safe for people with histamine intolerance.