

## Dosages Consistent with Clinical Research

Not all formulas on the market use meaningful dosages of key ingredients. What sets QOL Labs' formulas apart is that we take only clinically researched ingredients for specific health conditions and formulate them into products consistent with suggested dosages.

Ingredient	Daily Dose Used in Human Studies	Daily Dose Used in Bifilon® <sup>§</sup>
Morinaga BB536®	2-5 billion CFUs	10 billion CFUs

<sup>§</sup>Serving size: 2 vegicaps • Daily dose: 2 vegicaps

## Supplement Facts

Serving Size: 2 vegicaps

Servings Per Container: 30

Amount Per Serving	% Daily Value
<b><i>Bifidobacterium longum</i></b> probiotic (Morinaga BB536® probiotic strain, 10 billion CFUs)	250 mg †

† Daily value not established.

Other ingredients: tapioca starch, vegetable cellulose, L-leucine, silica, tricalcium phosphate.

This product is suitable for vegetarians and gluten-free.



### Our Commitment to Clinical Efficacy

Every ingredient validated by human studies.  
Every dosage consistent with clinical research.  
No exceptions. No compromises.

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# Bifilon®

QOL LABS®

*Bifidobacterium longum*  
Proprietary Probiotic  
(BB536®)

Promotes daily regularity\*

Alleviates occasional indigestion\*

Guaranteed full potency for 2 years

\* 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.

For studies on each ingredient, please visit:

[www.humanclinical.org/BB536.html](http://www.humanclinical.org/BB536.html)

## The Surprisingly Common Culprit Behind Digestive Upset

Many digestive troubles can be traced to diet. However, there's another culprit behind digestive upset that may surprise you: a lack of good bacteria.

While we've been trained to think of all bacteria as bad, some types of bacteria are actually good for you. In fact, beneficial bacteria are critical to proper digestion and elimination — yet most Americans are sorely lacking in these “good bugs.”

## The Good, the Bad, and the Ugly

The digestive tract is its own dynamic ecosystem, complete with hundreds of species of bacteria numbering more than 100 trillion. Some of these bacteria are good, some harmful. If you maintain a healthy balance between the two, you're less likely to experience digestive distress. Unfortunately, a number of factors can disturb bacterial balance, including certain medications and health conditions, poor diet, alcohol consumption, cigarette smoking, and getting older.

## Restoring Balance with Probiotics

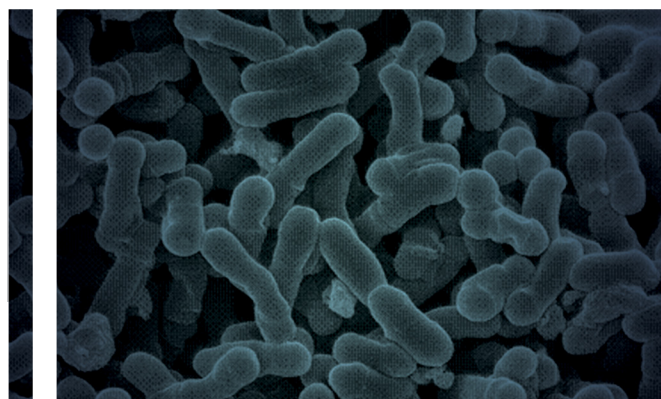
Luckily, there's a simple, cost-effective, and totally natural way to restore balance to your digestive tract: probiotics. These live microorganisms support bacterial balance, providing relief for episodic digestive upsets.\* One of the most researched and effective probiotic strains in the world is Morinaga BB536®, featured in Quality of Life's Bifilon® supplement.

## Five Questions to Ask When Purchasing a Probiotic Supplement

### 1. Is it stable?

Probiotics are living cultures. Some strains can be destroyed by exposure to light, heat, oxygen, and moisture, while others are hardy enough to withstand these challenges.

*Morinaga BB536, featured in Bifilon, is one of the most stable and efficacious probiotics in the world.*



### 2. Is the dosage high enough?

Experts generally agree that the minimum recommended dosage of probiotics is 1–2 billion colony forming units (CFUs) per day.

*One capsule of Bifilon provides 5 billion CFUs of BB536 — a dosage supported by numerous published human clinical trials.*

### 3. Is it clinically researched?

Many strains of beneficial bacteria have been thoroughly researched. Others haven't.

*BB536 is supported by over 90 published scientific studies, including 40 human clinical trials.*

### 4. Is the strain natural to humans?

Some probiotic products feature strains of beneficial bacteria that do not naturally occur in the human system. Therefore, it's hard to imagine how much good they will do.

*BB536 is of human origin, meaning it is a natural part of the human digestive system.*

### 5. Does it survive stomach acid?

Few probiotics are tough enough to survive the acidic environment of the stomach, meaning they never make it to the small intestine for absorption.

*BB536 is tolerant of stomach acid, so it reaches the intestines alive.*

## Benefits of Bifilon Morinaga BB536 Probiotic

Morinaga BB536 is a proprietary strain of *Bifidobacterium longum* developed by Japan's second-largest dairy company. BB536 is one of the world's most researched and effective probiotic strains, and one of the top-selling probiotic ingredients in Japan.

### Numerous published human clinical trials have shown that BB536:

- Provides a natural defense against episodic digestive upsets, including constipation, diarrhea, abdominal discomfort, gas, and bloating\*
- Improves the bodily ratio of beneficial to harmful bacteria\*
- Decreases ammonia and putrefactive products in the digestive tract\*
- Helps down-regulate the immune system's response to seasonal challenges\*

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