

# *Inner Garden Flora*

One of R/Garden's best selling  
and most helpful products is  
Inner Garden Flora



**This Probiotic blend is a combination of 11 of the most important beneficial bacteria that should populate a healthy colon and intestinal tract!**

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## Necessary For Everyone

Colonies of “friendly” bacteria must live in the colon for it to function properly. Without these beneficial bacteria, we are more susceptible to harmful yeasts, intestinal toxemia, dangerous bacteria, viruses, and a wide spectrum of other problems. Why? Because without the good bacteria to eat up the toxic waste from food that has not been completely digested and eliminated, the inner walls of the colon can become encrusted with layers of putrefying wastes.

As it builds up over the course of decades, this layered waste can become thick and hard, forming a barricade that prevents vital nutrients from passing through the walls and being fully absorbed by the organs and systems that need these nutrients to do their jobs. In addition, just as in a garbage dump where vermin and disease are drawn by decaying waste, your colon becomes a breeding ground for numerous harmful bacteria, yeasts, viruses, and more.

The added toxins produced by these unwelcome invaders can spread throughout your body, literally poisoning you.

Your “starved” and poisoned organs and systems then become stressed and eventually weaken, fail to function properly, and can break down. This is why so many researchers now believe that “death begins in the colon.”

## Friendly Bacteria Under Attack

Unfortunately, the friendly bacteria that should populate our colons and prevent this sort of scenario are constantly under attack by an increasingly diverse array of enemies. These include the all-too-common enemies of chlorinated water, the antibiotics we take for illness and those we ingest in the meat and pasteurized dairy products we consume, alcoholic beverages, some chemicals, as well as radiation and chemotherapy.

These “friendly” intestinal bacteria used to be passed naturally from mother to infant. Unfortunately, over the past half-century, in our haste to kill all bacteria, we have also killed the good with the bad. And unless we have consciously reintroduced good bacteria into our intestinal tracts most of us no longer have these good bacteria working for us.



DISCLAIMER: These statements have not been evaluated by the FDA. This product is not intended to treat, cure or prevent any medical condition.

# To Your Health

RGarden's exclusive *Inner Garden Flora*<sup>TM</sup> is a combination of eleven specially chosen bacteria that can help to restore the proper balance of bacteria to your intestines while helping the other friendly bacteria survive and flourish.

**Inner Garden Flora is a  
Specially Stabilized Probiotic Formula.  
Each Capsule Contains 500 mg. of the following  
100% natural bacterial cultures:**

<b>Bacteria</b>	<b>%</b>	<b>mgs</b>	<b># of CFUs</b>
<i>L. Acidophilus</i> .....	20%	100 mg	1 Billion
<i>L. Salivarius</i> .....	15%	75 mg	750 Million
<i>B. Bifidum</i> .....	15%	75 mg	750 Million
<i>L. Plantarum</i> .....	10%	50 mg	500 Million
<i>B. Infantis</i> .....	10%	50 mg	500 Million
<i>B. Longum</i> .....	8%	40 mg	400 Million
<i>L. Bulgaricus</i> .....	5%	25 mg	250 Million
<i>L. Casei</i> .....	5%	25 mg	250 Million
<i>S. Thermophilus</i> .....	5%	25 mg	250 Million
<i>S. Faecium</i> .....	5%	25 mg	250 Million
<i>L. Brevis</i> .....	2%	10 mg	100 Million

**The shelf life for  
*Inner Garden Flora*  
is as follows:**

*Room Temp.*

15% loss/month = 6 mos (up to 75° F)

*Refrigeration*

5% loss/month = 18 mos

**At the time of manufacture, a  
potency of 10 billion CFUs per gram  
is guaranteed. Each 500 mg capsule  
contains 5 billion CFUs at the time  
of manufacture.**



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## What is “Probiotic”

The bacteria in *Inner Garden Flora* are called “Probiotic”. Let us start by giving a definition of what “Probiotic” means. The first three letters, “Pro”, mean *for*. The balance of the word— “Biotic”— means *life*.

So a Probiotic product is *for life*, or *pro-life*, if you will. These important friendly bacteria work primarily in the large intestine, but are present in the rest of the digestive tract as well. Basically, there are two groups of naturally occurring micro-organisms functioning in the digestive system. The first group is considered beneficial or non-pathogenic, and is actually made up of several hundred different kinds of friendly bacteria. The most important ones that we know of to date are the eleven we have chosen for our *Inner Garden Flora*. The second group is the potentially pathogenic group, including again hundreds of possible bad guys like *E. Coli* and *Salmonella*.

Probiotic products work by competitive exclusion. This means that the greater number of different species of friendly-intestinal bacteria that are present in the probiotic compound, the harder it is for the competing bad bacteria and yeasts to get started. The eleven different kinds of bacteria present in *Inner Garden Flora*, including *L. Salivarius* and *L. Plantarum*, clean out the intestinal tract of waste products from food digestion as well as drive out the bad bacteria. This of course leads to better digestion and utilization of the food we eat and elimination of pockets or masses of bad bacteria that are present in many people’s intestines, thus contributing significantly to overall good health.

## How to Use

### Inner Garden Flora

*Inner Garden Flora* is excellent for people of all ages, regardless of health. (Children need proportionately smaller amounts of this supplement.)

Because the cleansing effects of this powerful product may initially cause constipation or diarrhea as it rids the colon walls of toxic debris, you may choose to take 1 capsule a day at first, then increase to two capsules morning and evening.



**Take Inner Garden Flora on an empty stomach, between meals.** Many people find taking it first thing in the morning or before bedtime a very convenient time.

Some health professionals recommend an initial powerful cleansing routine for people with serious health problems: 3 capsules three times a day for the first 10 days; then 2 capsules three times a day for 10 days; then 1 capsule three times a day for 10 days. Then go on a maintenance program of 1 or 2 capsules twice a day, morning and evening.

Take extra *Inner Garden Flora* while you are traveling to fight pathogens in food and water.

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