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Subject: *Efficacy of multispecies and multistrains versus monostrains probiotics*

Recently, a new review was published supporting the fact that multispecies and multistrain probiotics are more effective than monostrain probiotics. In this literature review, researchers have examined that (a) probiotic mixtures are beneficial for a wider range of health disorders and (b) mixtures are more effective than monostrain probiotic products. They have reviewed animal studies and clinical studies that have used both single strains and multistrains.

From the 16 studies that directly compared the efficacy of one strain compared to multistrain/multispecies, 12 studies (75%) show that a multistrain/multispecies probiotic is more effective than a monostrain probiotic. Researchers furthermore emphasise that combining the right strains is important, since bacterial strains can influence each other positively, but also negatively for instance by inhibiting each other or by mutual competition.

The researchers conclude that overall probiotic mixtures seem to be more effective than monostrain probiotics. This publication supports our multispecies concept and can contribute to the validation of your product(s).

This study reinforces and justifies our product **Megaflora 9** as a multispecies and multistrains probiotic blend useful in the treatment of gastrointestinal disorders. **Megaflora 9** has a stability of 3 years when stored under environmental temperature, as well as it has demonstrated to survive to gastrointestinal tract conditions.

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