

# Discover the Dr. Ohhira Difference!



## Congratulations!

You chose the premier supplement for supporting your digestive and overall health – Award-winning **Dr. Ohhira's Probiotics** – the only whole food supplement consisting of concentrated fermented foods containing prebiotics, probiotics and postbiotics

## Prebiotics from Fermented Food Richness:

Dr. Ohhira understood that eating fermented natural foods supports our intestinal bacteria when he created *the only supplement that contains Prebiotics, Probiotics and Postbiotics.* He added dozens of wholesome foods (e.g. fruits, vegetables, seaweeds, mushrooms and herbs) to 12 proven beneficial strains of Probiotics and allowed them **3 years** to ferment and create the health-promoting substances that made Dr. Ohhira world-renowned.



## Probiotics:

It is impossible to supplement all of your own native bacteria. That is because you have hundreds if not thousands



of types of bacteria...and yours are different than your neighbor's. The 12 strains in Dr. Ohhira's are well researched for benefit and safety, but the bigger benefit is how the product delivers postbiotics which improve the environment to support your own unique microbiome.

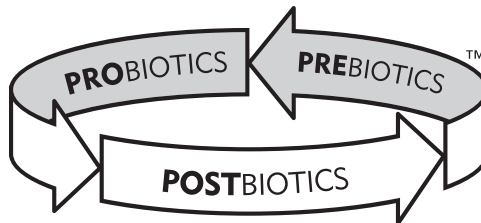
## Postbiotics:

Reminder— these are not added to the product, they are the natural result of fermentation.



## Compounds created by bacteria protect and renew our bodies:

our native, natural intestinal bacteria make thousands of biochemicals that are *required* to assist the body's basic functions.\* These substances are collectively called Postbiotic metabolites™. These include various vitamins, enzymes, short-chain fatty acids and other organic acids like fulvic acid which is key to the absorption and transport of minerals, and both l- form and d- forms of amino acids.



## Supporting your own bacteria:

Dr. Ohhira's helps you nurture your own unique strains of microbes by creating a good environment for them to thrive. Each capsule contains a naturally concentrated paste with fermented plant fibers (*prebiotics*), the beneficial bacteria (*probiotics*) and nutrients developed over the 3-year fermentation (*Postbiotics*). This combination helps to restore balance and promote overall good health.\*

## GETTING THE MOST FROM DR. OHHIRA'S CAPSULES

### Normal Usage:

**Take one (1) capsule twice daily with or without food.** Usage can be safely increased as needed.

### Intensive/rebalancing usage:

Many health professionals recommend a rapid rebalancing of the microbiome by **taking 5 capsules in the morning and 5 at night for 6 days.** Then dosage drops to one capsule, twice daily.

*Note: Occasionally, especially with the intensive usage, there may be temporary reactions such as minor bloating or a mild laxative or constipating effect which are signs the beneficial bacterial are remodeling, detoxifying and improving the gut environment.\**

It is important to remember that improved regularity and digestive comfort are far from the only measure of an effective probiotic.

Our friendly intestinal bacteria support every cell and system in the body! A balanced GI tract improves *total body health, nutrient absorption, energy, mood and immunity.\**

**Upper Digestive Support:** Because Dr. Ohhira's Probiotics contain those very important Postbiotic metabolites, the paste inside the capsules can also be very helpful in supporting comfort in the stomach and esophagus. **Simply chew one or two capsules as needed.** The results are remarkable and unlike any other digestive aid.

## FOR MORE INFORMATION ON DR. OHHIRA'S PROBIOTICS – PLEASE GO TO OUR WEBSITE:

www.essentialformulas.com or scan the QR code below:



## FREQUENTLY ASKED QUESTIONS

### Are other products made like Dr. Ohhira's?

Not even close! Virtually all probiotic supplements use microbes cultured in a matter of hours on a base of dairy or soy. The colonies are then broken apart and cleansed of their food supply, thereby removing any postbiotics the bacteria might have made. The bacteria are freeze-dried into a white powder, inserted into capsules, bottled and shipped. The processes make them fragile and so they usually require refrigeration. These freeze-dried bacteria can make postbiotics but only after they reawaken, beat other strains to a food supply and begin multiplying.

Dr. Ohhira's Probiotics, on the other hand, are always live and active. The capsules contain the prebiotics, the probiotics and the postbiotics that the beneficial bacteria have made over the 3-year fermentation period.

### Are all Prebiotics equal?

No—Some products add an isolated fiber such as FOS (fructo-oligosaccharides) or Inulin and call that a "prebiotic". But those fibers may not be appropriate for all strains and may even cause excessive gas. In contrast, Dr. Ohhira's uses a wide variety of plant materials proven to support probiotic growth and to develop a wide variety of Postbiotics.

### One strain? Two strains? A dozen?

Most scientific studies do show greater benefits from multiple strains. That is logical since each strain has a different talent. There is also a bit of concern that huge numbers of one or two strains might upset the balance in the GI tract and even alarm the immune system. As noted above, no product will contain the exact strains

that our gut would normally host, so the important thing is to support those native strains and only add ones that have been well-researched for safety and effectiveness.

Note: most other brands mix strains *after they have been freeze-dried*, so it is not clear how they will behave in our intestinal tract. **The 12 strains in Dr. Ohhira's Probiotics are grown together for 3 years – proving their ability to get along and build "synergy."**

### If billions are good, wouldn't trillions be better?

Not necessarily – more is not always better. Since the goal of taking probiotics is not just adding bacteria, but rather the Postbiotics that the bacteria create, this should be the primary focus of "potency." Dr. Ohhira's contains **live, active bacteria**, but we do not list CFU's because science has discovered that it is the Postbiotics that are most effective at promoting good health. During three years of fermentation in the making of Dr. Ohhira's, the select bacteria have created a wide variety of postbiotic metabolites. The capsules deliver those and support your native bacteria to do the same.

### What about the carrageenan and caramel coloring ingredients?

There is a lot of misinformation about both of these ingredients, but it is important to understand that there are different classes for both of these. The materials used in Dr. Ohhira's capsules (*but not necessarily in other products*) are both the food grade and naturally derived – without additional chemical modifications. Because of the confusion with these ingredients, we are actively researching alternatives to further assure our consumers of our commitment to the highest quality. **Always.**

## OTHER PRODUCTS FROM DR. OHHIRA and ESSENTIAL FORMULAS

You will be equally impressed with Dr. Ohhira's other supplements and skin care products. Each is made according to traditional Japanese formulas along with probiotic extracts to support the healthy bacterial balance on the outside of the body just as Dr. Ohhira's Probiotics supports the microbiome on the inside.



#### Supplements:

Essential Living Oils  
Propolis Plus®

#### SkinCare:

Kamukuru Beauty Bar  
Magoroku Skin Lotion  
Hadayubi Lavender

### Reg'Activ® – Glutathione support

Also available from Essential Formulas are the unique Reg'Activ products – revolutionary and remarkable supplements that are transforming the future of anti-aging health and wellness. Reg'Activ features ME-3®, a unique probiotic strain which has over 20 years of research and is proven to naturally support and produce glutathione in the body to assist in detoxification and anti-oxidant protection. Please visit [EssentialFormulas.com](http://EssentialFormulas.com) for details.



#### Reg'Activ® formulas

Cardio Wellness      Immune & Vitality  
Detox & Liver Health

## ESSENTIAL FORMULAS®

We search the world to bring you the finest health products

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*\*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.*