



Advanced probiotics for a healthy mouth and throat



BLIS K12™

BLIS K12 is a specific strain of bacteria called *Streptococcus salivarius* K12, which is found naturally in your mouth and throat. Our scientists discovered that while everyone has *Streptococcus salivarius* bacteria, only a very few have the specific beneficial BLIS K12 strain.

The discovery of BLIS K12™ is credited to Professor John Tagg who dedicated his life's work to research in microbiology.

What BLIS K12 does

BLIS K12 is an advanced oral probiotic which means it works in two ways:

1. It colonises in the oral cavity by attaching to cells in your mouth and crowding out pathogenic or 'bad' bacteria. This process is known as competitive exclusion.
2. It produces special peptides that inhibit the bad bacteria—so they are less likely to come back .

Taking an oral probiotic that contains BLIS K12 will not only help support a healthy oral cavity, it can help support a healthy immune system for overall health and wellbeing. In addition to its ability to crowd out bad bacteria Blis probiotics can communicate with certain cells in the mouth, to support a healthy immune system.

How does it work?

Years of research went into finding a way to deliver BLIS K12 to the mouth and throat in such a way that it could colonize effectively. Lozenges and powder are ideal because the good bacteria can stay alive in that format for at least two years when stored correctly. They do not have to be kept in the fridge - they are shelf stable in their dry format.

The bacteria activate when in the mouth, where conditions are moist and warm. The longer it is in the mouth, the better the colonization will be, which means there will be lots of good bacteria that are better able to crowd out the bad bacteria. That's why slowly sucking on a lozenge is recommended. For infants who are unable to suck a lozenge, there is also a powder format which can simply be sprinkled on cold or luke-warm food.

BLIS K12 has a proven safety profile and has FDA GRAS status (generally regarded as safe).



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How do I get the most benefit?

BLIS K12™ can help support the immune system as well as helping maintain a healthy mouth and throat which is linked to many health benefits. BLIS K12 is the key ingredient in DailyDefence, DailyDefence Junior, ThroatGuard PRO, HoneyBlis, TravelGuard and FreshBreath.

It's important to take BLIS K12 regularly – one or two doses daily – because maintaining a good balance of the good bacteria in your mouth and throat is more effective than trying to crowd out the bad bacteria that may take over at times of stress or illness.

Think of your oral cavity like a garden: it is much easier to keep your garden in good shape by weeding regularly, than battling an overgrown garden on the odd occasion.



Sometimes you may feel like you need an extra boost. If you have a scratchy throat or feel the onset of ills and chills, you can take up to four lozenges a day. Take them as soon as you start feeling unwell to help give your immune system a boost.

The same could be said for when you're traveling and at higher risk of contracting airborne germs on an airplane. For example, taking TravelGuard – which has a regimen that is specifically designed at a higher dose for travel immunity– can help provide extra protection in the airplane environment where you can be exposed to a very high amount of pathogens in a short amount of time.

Always read the label and use as directed. If symptoms persist see your healthcare professional.

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