

Frequently asked questions about Spectrumceuticals 'refrigerated' live cold probiotics

Why are Spectrumceuticals's refrigerated probiotics shipped with cold packs?

Spectrumceuticals's refrigerated probiotics will maintain their full potency for at least 14 days or more at room temperature without refrigeration. We include cold packs during shipment to keep our probiotics protected for most of their journey. This helps prevent excessive exposure to high heat during transportation.

What if the cold packs are not cold upon arrival of shipment?

In some cases, the cold packs will not stay frozen or remain cold during the full time in transit. Even if the cold packs are completely thawed and the product is no longer cold, the probiotics have excellent stability during the short time they are exposed to ambient temperatures.

Cold packs in polyfoam eskies, wool-lined insulation or foil bags do their job of keeping the probiotics cool during shipping. Thus, the chance of prolonged exposure to high temperatures that might affect potency is minimised.

Will my 'cold' probiotics still be 'alive' after shipping?

Spectrumceuticals probiotics are formulated with additional colony forming units (good bacteria), known as 'overage', to ensure our probiotics maintain the full potency stated on our labels through to the expiration date under typical shipping, storage, and handling conditions.

When refrigerated probiotics reach room temperature or above, there will be up to a 2% loss of colony forming units (CFU) for each 24-hour period the probiotic is above 25°C but below 37°C. Deterioration occurs mostly above 25°C, so 'cold' probiotics can travel for approximately a maximum of 14 days below 37°C before viability is affected.

Have Spectrumceuticals refrigerated probiotics been tested for potency?

All Spectrumceuticals probiotics are tested upon receiving raw ingredients and on completion of blending to verify full potency. They are then kept under refrigeration in our warehouse until ready for shipment.

Each probiotic formula undergoes a full stability program via a third party laboratory every two years or every second to third production batch. This is a regulatory requirement in Australia to guarantee potency to the end of the expiration date.

We also periodically conduct stability programs simulating transportation conditions at various ambient temperatures and relative humidity.

Do I need to keep 'refrigerated' probiotics cold when travelling or away from home?

If refrigeration is not available during travelling or in the workplace, it is usually fine to keep probiotics outside of the refrigerator for one week. A few capsules of probiotics can be removed from the refrigerated bottle and put into a smaller air-tight container like a Webster pack, if travelling. Alternatively, if travelling for extended periods of time, try Spectrumceuticals® ProBioFlora™ fridge free micro-encapsulated probiotics.

Household tips for handling and storing cold 'live' probiotics

Probiotic products contain live cultures of friendly bacteria and require appropriate handling to maintain their maximum activity during storage. The potency of probiotics can be adversely affected by prolonged exposure to high temperature and humidity. Thus, refrigeration is recommended during storage.

Spectrumceuticals® probiotic formulations are relatively stable at normal room temperatures for short periods of time when handled according to the following conditions:

- Refrigerate probiotics upon receipt.
- Store probiotic bottles in the refrigerator and keep the cap tightly closed.
- Avoid handling capsules and putting them back in the bottle. Pour the desired number of capsules into the cap so that any extra can be put back in the bottle without handling to avoid introducing moisture present on the hands into the product.
- Always use a clean, dry spoon to measure probiotic powders.

Do not mix probiotic powders (and capsule contents) with hot foods or hot beverages as high temperatures will kill the micro-organisms.

Probiotic powders (and capsule contents) can be mixed with cold, room temperature, or slightly warm food or beverages and should be consumed within a short period of time.

For Practitioner Dispensing Only

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