

BIOGUT

Saccharomyces boulardii Capsule

Support Gastrointestinal Health



Composition :

Biogut 250 : Each Capsule Contains *Saccharomyces boulardii* 250 mg (Eq.to 5 billion CFU).

Biogut 500 : Each Capsule Contains *Saccharomyces boulardii* 500 mg (Eq.to 10 billion CFU).

Indications :

It is indicated-

- | Prevention of diarrhoea associated with antibiotics
- | Reduction in symptoms of acute diarrhea
- | Prevention of traveler's diarrhea
- | Treating diarrhea in infants
- | Prevention of HIV associated diarrhea
- | Preventing recurring intestinal disease caused by a bacterium called *Clostridium difficile*
- | Reducing side effects of treatment for the ulcer - causing bacterium *Helicobacter pylori*
- | Treating diarrhea in Crohn's disease
- | Treating diarrhea in Ulcerative colitis
- | Treating diarrhea in Irritable bowel syndrome (IBS)

Dosage & administration :

Adult : For diarrhea associated with the use of antibiotics : 250-500 mg of *Saccharomyces boulardii* two to four times a day.

For diarrhea caused by *Clostridium difficile* : 1 gram of *Saccharomyces boulardii* daily for 4 weeks along with antibiotic treatment.

For reduction in symptoms of acute diarrhea : 250 mg of *Saccharomyces boulardii* twice a day for 5 days.

For diarrhea in Crohn's disease :

| 250 mg of *Saccharomyces boulardii* three times daily has been used for up to 9 weeks.

| 1 gram of *Saccharomyces boulardii* daily in combination with usual treatment has also been used.

For diarrhea in ulcerative colitis :

250 mg of *Saccharomyces boulardii* three times daily.

For treatment of infections due to the ulcer-causing bacterium *Helicobacter pylori* : a dose of 5 billion 250 mg colony-forming units (CFUs) of *Saccharomyces boulardii* daily in addition to usual treatment.

For diarrhea in Irritable bowel syndrome (IBS) : 250 mg capsule twice daily.

For traveler's diarrhea. The recommended dosage is 250 mg capsule per day.

Children : For reduction in symptoms of acute diarrhea : Children over three months are recommended to take two doses of 250 mg a day for Five days. Children under three months are recommended to take half a 250 mg capsule twice daily for five days.

Or as directed by the registered physician.

Side effects :

Saccharomyces boulardii is likely safe for most adults when taken by mouth. It can cause gas in some people. Rarely it might cause fungal infections.

Contraindications :

It is contraindicated in patients with a history of hypersensitivity to *Saccharomyces boulardii* or any other components of this product.

Drug interactions :

Medications for fungal infections (Antifungals) interacts with *Saccharomyces boulardii*. Taking *Saccharomyces boulardii* with medications for fungal infections (e.g. fluconazole, itraconazole, terbinafine and others) can reduce the effectiveness of *Saccharomyces boulardii*.

Precautions :

People with yeast allergy can be allergic to products containing *Saccharomyces boulardii* and are best advised to avoid these products.

Use in pregnancy and Lactation :

There is no available information about the safety of taking *Saccharomyces boulardii* in pregnancy and lactation. If needed during pregnancy and lactation consult the registered physician.

Storage :

Store in a cool and dry place away from direct sunlight. Keep it out of reach of children.

Packaging :

Biogut 250 : Each box contains 5x4=20 capsules in Alu-Alu blister pack.

Biogut 500 : Each box contains 5x4=20 capsules in Alu-Alu blister pack.