

Goodbac-3S

3 Probiotic Combination

COMPOSITION

Goodbac-3S Capsule: Each capsule contains *Lactobacillus acidophilus* (2 billion), *Lactobacillus bulgaricus* (1 billion), *Bifidobacterium bifidum* (1 billion) and Fructo-oligosaccharides (100 mg).

PHARMACOLOGY

Studies of probiotic activity in recent years provide evidence that probiotics counter experimental and human gastrointestinal inflammation (human inflammatory bowel disease) by their effects on epithelial cell function, including epithelial cell barrier function, epithelial cytokine secretion and their antibacterial effects relating to colonization of the epithelial layer. It reduces gastrointestinal pH through the stimulation of lactic-acid-producing bacteria; provides a direct antagonistic action on gastrointestinal pathogens. Moreover, it competes with pathogens for binding and receptor sites. In addition, there is emerging evidence that probiotics induce regulatory T cells that act as a break on the effector T cells that would otherwise cause inflammation.

Lactobacilli are effective in preventing the enteropathogen-mediated infection by competing for nutrients and binding sites, by secreting antimicrobial substances such as organic acids, bacteriocins and hydrogen peroxide, and by reducing gut pH and producing biosurfactants.

Bifidobacteria work by adhesion to the gut epithelium followed by colonization, production of metabolites and lowering of pH and release of bacteriocins.

INDICATIONS

- Diarrhoea & diarrhoea-related illness
- Digestive problems
- Lactose intolerance
- Vaginal infection
- Antibiotic-associated illness
- Weak immune system

DOSAGE & ADMINISTRATION

1-2 Goodbac-3S Capsules 3 times daily or as directed by the physician.

Use in Children & Adolescents: Patients from 1-12 years of age, one capsule daily. Capsule powder can be emptied and mixed with food or drink.

CONTRA-INDICATION

There are no absolute contra-indications to probiotics.

WARNING & PRECAUTION

None known.

SIDE EFFECTS

No side effects.

USE IN PREGNANCY & LACTATION

Probiotics are unlikely to reach the systemic circulation of the fetus, therefore are unlikely to cause harm. As probiotics are rarely systemically absorbed, they are not expected to transfer into breast milk.

DRUG INTERACTION

There are no interactions with medications or other supplements.

OVERDOSE

No risk of overdose.

STORAGE

Store below 25°C, keep in dry place and protect from light. To maintain optimum shelf-life and potency, store in refrigerator. Keep out of the reach of children.

PACKING

Goodbac-3S Capsule: Each box contains 18 capsules in Alu-Alu blister within Alu-Alu pillow pack.