

Goodbac-SB

Saccharomyces boulardii

COMPOSITION

Goodbac-SB Capsule: Each capsule contains *Saccharomyces boulardii* 250 mg (Eq. to 5 billion).

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.

Saccharomyces boulardii is a specific form of yeast also known as Brewer's Yeast. *Saccharomyces boulardii* is used as a probiotic to prevent the growth of harmful bacteria in the stomach & intestines and also increases intestinal populations of healthy bifidobacteria and lactobacilli.

INDICATIONS

- Acute diarrhoea
- Traveler's diarrhoea
- Paediatric diarrhoea
- Irritable bowel syndrome (IBS)
- Ulcerative colitis
- Antibiotic-associated diarrhoea (AAD)
- *Clostridium difficile* infection (CDI)
- Enteral nutrition-related diarrhoea
- *Helicobacter pylori* infection

DOSAGE & ADMINISTRATION

1-2 Goodbac-SB Capsules 2-4 times daily or as directed by the physician.

Use in Children & Adolescents: 1 Goodbac-SB Capsule 2 times daily or as directed by the physician.

CONTRA-INDICATION

Contra-indicated to patients who have hypersensitivity to yeast.

WARNING & PRECAUTION

For Immunocompromised patients, there is risk of fungemia.

SIDE EFFECTS

Saccharomyces boulardii is likely safe for most adults when taken by mouth for up to 15 months. Rarely, it might cause fungal infections that can spread through the bloodstream to the entire body (fungemia).

USE IN PREGNANCY & LACTATION

There is not enough reliable information about the safety of taking *Saccharomyces boulardii* in pregnancy and lactation. If needed during pregnancy and lactation, consult with registered physicians.

DRUG INTERACTION

Antifungals may decrease effectiveness of *Saccharomyces boulardii*.

OVERDOSE

No case reported. If overdose is taken, contact with your physician.

STORAGE

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

PACKING

Goodbac-SB Capsule: Each box contains 20 capsules in Alu-Alu blister within Alu-Alu pillow pack.