

PATIENT INFORMATION LEAFLET
SCHEDULING STATUS: [S0]

PRODUCT NAME
BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE (vegetarian capsules)

Each vegetarian capsule contains:

Probiotic Blend Powder 10 Billion CFU*

Containing:

 HOWARU® *Lactobacillus acidophilus*; HOWARU® *Lactobacillus rhamnosus*; *Lactobacillus casei*;

Lactobacillus reuteri; *Lactobacillus gasser*; *Lactobacillus salivarius*

Orafti® Synergy1 (Oligofruktose-enriched inulin) 50 mg

Sugar free

D 34.9 Probiotics. Complementary Medicine: Health Supplement

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. Health supplements are intended only to complement health or supplement the diet.

Read all of this leaflet carefully because it contains important information for you.

BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE is and what it is used for.
2. What you need to know before you take BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE.
3. How to take BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE Possible side effects.
4. Possible side effects.
5. How to store BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE.
6. Contents of the pack and other information.

1. What BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE is and what it is used for

Always tell your healthcare practitioner if you are taking any other medicine (this includes complementary or traditional medicines). Not all possible interactions with other medicines may be included in this leaflet. Consult a healthcare practitioner prior to use. BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE can interact with the following medications: antibiotics; immunosuppressants.

2. What you need to know before you use BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE
Do not take BIOGEN BIOTIC 9-STRAIN ACUTE:

- If you have a hypersensitive (allergic) to any of the ingredients listed (see section 6).

Warnings and precautions

Consult with a healthcare practitioner prior to using BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE, especially if you have a medical condition. Use BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE with caution.

- If you have immunodeficiency, short bowel syndrome, ulcerative colitis, or valvular heart disease.

Children and adolescents

BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE is not recommended for children below the age of 6 years. Consult a healthcare practitioner before use.

Other medicines and BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE

Always tell your healthcare practitioner if you are taking any other medicine (this includes complementary or traditional medicines). Not all possible interactions with other medicines may be included in this leaflet. Consult a healthcare practitioner prior to use. BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE can interact with the following medications: antibiotics; immunosuppressants.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare practitioner for advice before using BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE.

Driving and using machines

No studies on the effects on the ability to drive or use of machinery have been performed. Patients should exercise caution before driving or using machinery until they are reasonably certain that BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE does not adversely affect their performance.

3. How to use BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE

Do not share medicines prescribed to you with any other person. Do not exceed the daily recommended dosage. Always use BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE exactly as described in this leaflet or as your healthcare practitioner has instructed. Check with your healthcare practitioner if you are not sure.

Adults and children 6 years and older

Take 1 capsule daily. Dosage may be increased to 2 capsules daily if needed or as directed by your healthcare Not recommended for children below the age of 6 years.

4. Possible of side effects

BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE can have side effects. Not all side effects reported for BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE, please consult your doctor, pharmacist or other healthcare practitioner for advice.

If any of the following happens, stop using BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE and tell your doctor or pharmacist immediately, or go the casualty department at your nearest hospital: swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing, rash or itching, fainting. These are very serious side effects. If you have them, you may have had a serious reaction to BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE. You may need urgent medical attention or hospitalisation

Less frequent gastrointestinal disturbances including abdominal pain, dyspepsia, bloating, and diarrhoea; rash; itching.

5. How to store BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE

- Store at or below 25 °C.
- Protect from light and moisture.
- Store all medicines out of reach of children.
- Do not use after the expiry date printed on the container.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

6. What BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE contains

Probiotic Blend Powder	10 Billion CFU*
Containing:	
HOWARU® <i>Lactobacillus acidophilus</i>	
HOWARU® <i>Lactobacillus rhamnosus</i>	
<i>Lactobacillus casei</i>	
<i>Lactobacillus reuteri</i>	
<i>Lactobacillus gasser</i>	
<i>Lactobacillus salivarius</i>	
HOWARU® <i>Bifidobacterium lactis</i>	
<i>Bifidobacterium bifidum</i>	
<i>Bifidobacterium longum</i>	
Orafti® Synergy1 (Oligofruktose enriched inulin)	50 mg
*Colony Forming Units	
Other ingredients: magnesium stearate, silica, microcrystalline cellulose.	
Sugar free	

Presentation and identification of BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE

10 white to off white vegetarian capsules are individually packaged in an aluminium blister foil and in a unit carton.

Holder of certificate of registration

 Biogen,
 23 Stag Rd,
 Glen Austin,
 South Africa

This leaflet was last revised in

September 2022.

Registration number

Will be allocated by SAHPRA upon registration.

PASIËNTINLICHTINGSBLAD
SKEDULERINGSSTATUS: [S0]

PRODUKNAAM
BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE (vegetaries kapsules)

Elke vegetariese kapsule bevat:

Probiotiese Poeier Mengsel 10 Biljoen KVE**

Bevat:

 HOWARU® *Lactobacillus acidophilus*; HOWARU® *Lactobacillus rhamnosus*; *Lactobacillus casei*;

Lactobacillus reuteri; *Lactobacillus gasser*; *Lactobacillus salivarius*

Orafti® Synergy1 (Oligofruktose-verrykte inulin) 50 mg

Suikervry

D 34.9 Probiotika. Komplementere Medisyne: Gesondheidsaanvulling.

Hierdie ongeregistreerde medisyne is nie deur SAHPRA vir gehalte, veiligheid of beoogde gebruik geëvalueer nie. Gesondheidsaanvullings dien slegs as aanvulling tot gesondheid of dieet.

Lees hierdie inligtingsblad noukeurig deur want dit bevat inligting wat belangrik is vir u.

BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE is beskikbaar sonder 'n dokter se voorskrif, om u gesondheid te handhaaf. Nietemin moet BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE versigtig gebruik word ten einde die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit kan nodig wees dat u dit weer lees.
- Moenie BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE met enige ander persoon deel nie.
- Vra u gesondheidsorgpraktisyn of apteker indien u meer inligting of advies nodig het.

Wat is in hierdie inligtingsblad

1. Wat BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE is en waarvoor dit gebruik word.
2. Wat u moet weet voordat u BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE gebruik.
3. Hoe om BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE te gebruik.
4. Moontlike nuwe-effekte.
5. Berging van BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE.
6. Inhoud van die verpakking en ander inligting.

1. Wat BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE is en waarvoor dit gebruik word

Wanneer probiotika op 'n gereelde basis ingeneem word, behoort die mikrobiese balans in die derm van die mens verbeter of normaliseer en sodoende die werking van die spysverteringskanaal/dermkanaal verbeter.

2. Wat u moet weet voordat u BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE gebruik
Moet nie BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE neem nie:

- As u 'n hipersensitiwiteit (allergie) het vir enige van die bestanddele gelys (sien afdeling 6).

Waarskuings en voorsorgmaatreëls

Raadpleeg 'n gesondheidsorgpraktisyn voordat u BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE gebruik, veral as u 'n mediese toestand het. Gebruik BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE met omsigtigheid.

- Indien u immuungebrek, kort derm-sindroom, ulseratiewe kolitis of hartkepsiekte het.

Kinders en adolessente

BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE word nie aanbeveel vir kinders onder die ouderdom van 6 jaar nie. Raadpleeg 'n gesondheidsorgpraktisyn voor gebruik.

Die neem van BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE en ander medisyne

Lig altyd u gesondheidsorgpraktisyn in indien u enige ander medisyne neem (dit sluit aanvullende of tradisionele medisyne in). Nie alle moontlike interaksies met ander medisyne word in hierdie pamflet ingesluit nie. Raadpleeg 'n gesondheidsorgpraktisyn voor gebruik. BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE kan interaksie hê met die volgende medisyne: antibiotika; immuunonderdrukkers.

Swangerskap, borsvoeding en vrugbaarheid

Indien u swanger is of borsvoed, vermoed dat u swanger is of beplan om 'n baba te hê, raadpleeg u dokter, apteker of ander gesondheidsorgpraktisyn vir advies voordat u BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE gebruik.

Bestuur en die gebruik van masjinerie

Geen studies is uitgevoer oor die uitwerking op die vermoë om te bestuur of masjinerie te gebruik nie. Wees asseblief versigtig totdat u seker is dat BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE nie u vermoë om sulke aktiwiteite uit te voer beïnvloed nie.

3. Hoe om BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE te neem

Moenie medisyne wat aan u voorgeskryf is met enige ander persoon deel nie. Moenie die aanbeveelde daaglikse dosis oorskry nie. Gebruik BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE presies soos aanbeveel in hierdie inligtingsblad, of soos aanbeveel deur u gesondheidsorgpraktisyn. Raadpleeg u gesondheidsorgpraktisyn indien u nie seker is nie.

Volwassenes en kinders 6 jaar en ouer.

Neem 1 kapsule daagliks. Dosis kan verhoog word na 2 kapsules daagliks indien nodig, of soos aanbeveel deur u gesondheidsorgpraktisyn.

4. Moontlike nuwe-effekte

BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE kan nuwe-effekte hê. Nie alle nuwe-effekte vir BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE is ingesluit in hierdie inligtingsblad nie. Indien u algemene gesondheid vererger, of as u enige ongewenste reaksies ervaar tydens die gebruik van BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE, raadpleeg u dokter, apteker of ander gesondheidsorgpraktisyn vir advies.

As een van die volgende gebeur, hou op met die gebruik met BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE en raadpleeg u dokter of apteker onmiddellik, of gaan na die ongevallen afdeling van u naaste hospitaal: swelling van jou hande, voete, enkels, gesig, lippe en mond of keel, wat dit moeilik kan maak om te sluk of asem te haal, veluitslag, gejuuk, of floutes. Hierdie is baie ernstige nuwe-effekte. Indien jy dit het, mag jy 'n ernstige allergiese reaksie op BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE gehad het. Jy mag dringende mediese bystand of hospitalisasie.

Minder dikwels gastrointestinale verstourings, insluitend buikpyn, dispepsie, opgeblasenheid, en diarree; uitslag; jeuk.

5. Berging van BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE

- Bêre by of onder 25 °C.
- Beskerm teen lig en vog.
- Bêre alle medisyne buite bereik van kinders.
- Moenie gebruik ná die vervaldatum wat op die produk gedruk is nie.
- Neem alle ongebruikte medisyne terug na u apteker.
- Moenie ongebruikte medisyne in dreine en rioolsisteme (bv. toilette) weggooi nie.

6. Wat BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE bevat:

Probiotiese Poeier Mengsel	10 Biljoen KVE**
Bevat:	
HOWARU® <i>Lactobacillus acidophilus</i>	
HOWARU® <i>Lactobacillus rhamnosus</i>	
<i>Lactobacillus casei</i>	
<i>Lactobacillus reuteri</i>	
<i>Lactobacillus gasser</i>	
<i>Lactobacillus salivarius</i>	
HOWARU® <i>Bifidobacterium lactis</i>	
<i>Bifidobacterium bifidum</i>	
<i>Bifidobacterium longum</i>	
Orafti® Synergy1 (Oligofruktose-verrykte inulin)	50 mg
**Kolonievormende Eenhede	
Ander bestanddele: magnesiumstearaat, silika, mikrokristallyne sellulose.	
Suikervry	

Aanbieding en identifikasie van BIOGEN TRAVEL-BIOTIC 9-STRAIN ACUTE

10 wit tot naaswit vegetariese kapsules word individueel verpak in 'n aluminium blisterfoelie en in 'n eenheidskarton.

Houer van Registrasiesertifikaat

 Biogen,
 23 Stag Rd,
 Glen Austin,
 South Africa

Hierdie inligtingsblad is laas hersien in

September 2022.

Registrasienuommer

Sal met registrasie deur SAHPRA toegeken word.

JOB: BPS_Travel Biotic_10s	SIZE: 210mm x 308mm
STOCK: Foil Substrate: <input type="checkbox"/> Clear Substrate: <input type="checkbox"/> White Substrate: <input type="checkbox"/> Paper: <input checked="" type="checkbox"/> Other: <input type="checkbox"/>	
COLOURS: <input checked="" type="checkbox"/> K <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot	FINISHING: <input type="checkbox"/> Foil / Holographic Foil <input type="checkbox"/> Matte <input type="checkbox"/> Gloss <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot <input type="checkbox"/> Spot UV <input type="checkbox"/> Doming <input type="checkbox"/> Embossing
PLEASE CHECK CAREFULLY <small>Although we endeavour to proof accurately, we cannot accept responsibility for errors once proofs are signed and accepted by our clients.</small>	