

FloraMyces™

Supports healthy digestive system and reduces occurrence of symptoms of traveller's diarrhoea




1 Vegetarian
Hard Capsule

OVERVIEW

- > Provides 500 mg *Saccharomyces cerevisiae* (*Bouardii*) per hard capsule
- > Relieves diarrhoea
- > Helps reduce occurrence of symptoms of traveller's diarrhoea when travelling
- > Maintains healthy digestive system function
- > Supports beneficial bacteria during antibiotic use in adults and children
- > Shelf-stable, low-excipient, dairy-free formula

Active Ingredients (per vegetarian hard capsule)	
<i>Saccharomyces cerevisiae</i> (<i>Bouardii</i>)	500 mg

Pack Size	30 and 60
Serving Per Pack	15-30 and 30-60

Excipients
Hypromellose

Directions for Use
Adults: Take 1 - 2 capsules per day or as directed by your healthcare professional.

Allergen Information
No added: Gluten, soy, dairy or nuts.

Prescribing Information
<ul style="list-style-type: none"> • Contraindicated in individuals have a known yeast allergy.¹⁰ • <i>Saccharomyces bouardii</i> is a yeast. Theoretically, antifungals might decrease its effectiveness. Antifungals include fluconazole (Diflucan), caspofungin (Cancidas), itraconazole (Sporanox) amphotericin (Ambisome), and others.¹⁰

Warnings
Seek medical advice if diarrhoea persists for more than 6 hours in infants under 6 months, 12 hours in children under 3 years, 24 hours in children ages 3-6 years or 48 hours in adults.

Designed and packed in Australia from imported ingredients.



No Added
Gluten



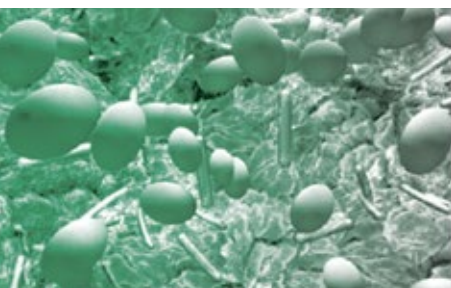
No Added
Soy



No Added
Dairy



No Added
Nuts



EDUCATION

A probiotic yeast

Saccharomyces cerevisiae (*Boulardii*) (also known as *Saccharomyces boulardii* or *SB*) is an unusual probiotic. Most probiotics are beneficial bacteria, but *S. boulardii* is a yeast. Unrelated to the yeasts which can cause disease, like candida, *S. boulardii* was identified in the 1920s as an anti-diarrhoeal agent after the microbiologist Henri Boulard found that indigenous peoples who consumed a drink prepared from mangosteen and lychee skins did not develop diarrhoea.¹

Supportive during antibiotic treatment

Antibiotic-associated diarrhoea (AAD) is a common side effect of antibiotic therapy. While both bacterial probiotics and *S. boulardii* can be beneficial for helping to reduce the symptoms and occurrence of AAD,^{1,6} bacterial probiotics are subject to the effect of the antibiotic potentially rendering them less effective. Unlike bacterial probiotics, *S. boulardii* is not affected by antibiotics.

Several systematic reviews and meta analyses found that *S. boulardii* reduced the risk of AAD from 17.7-18.7% to 8.0-8.5% compared with placebo in adults, and from 20.9% to 8.8% in children,^{6,7} or a reduction in relative risk of AAD of 50% or more in children taking *S. boulardii*.⁸

Several studies have shown that taking *S. boulardii* during and after antibiotic therapy helps to protect the microbiome from negative effects of the antibiotic and helps the microbiome to return to its normal state at an accelerated rate.¹

Supportive while travelling

Traveller's diarrhoea is a common complaint, affecting 20-40 million people a year. Despite increasing awareness of behavioural modifications to prevent traveller's diarrhoea (for example drinking only bottled water and not taking ice in drinks) there has been little drop in incidence. Traveller's diarrhoea is thought to occur from increased exposure to pathogenic bacteria with concurrent dysbiosis due to stress while travelling, medications and dietary changes.⁹

A systematic review and meta-analysis of probiotics as a prophylactic against traveller's diarrhoea found that *S. boulardii* had the strongest evidence of effectiveness for reducing symptoms associated with traveller's diarrhoea.⁹ This is likely due to its ability to maintain a healthy gut microbiome and its immunomodulatory effect in the presence of pathogens.

Unlike many bacterial probiotics, *S. boulardii* does not need to be refrigerated. This makes it a convenient supplement to use whilst travelling, negating the need for worry over storage.

References supplied on request.

Designs for Health Quality Guarantee

Designs for Health medicines that are listed on the Australian Register of Therapeutic Goods will display an AUSTL number on the label. Listed medicines in Australia need to be manufactured according to legislated standards set out in Therapeutic Goods Order 101. TGO101 legislation sets out minimum quality standards for medicines supplied in Australia that display an AUSTL number. It mandates testing for:

- Impurities such as heavy metals (including lead, mercury, cadmium and arsenic), pesticides and residual solvents
- Dissolution (to ensure the capsule will dissolve once taken)
- Uniformity (to ensure that every capsule is the same)

Final assay testing is also performed to ensure that what we have on the label is in each capsule, and microbiological testing is performed to ensure that no microbial contamination has occurred during the encapsulation and packing process.



BiOtic® *S. boulardii* is a registered trademark of Gnosis SpA.