

Trugut

Probiotic Combination 9 Billion

Capsule

Composition

Each capsule contains *Lactobacillus acidophilus* 2.25 billion, *Lactobacillus bulgaricus* 75 million, *Lactobacillus lactis* 2.1 billion, *Lactobacillus casei* 2.25 billion, *Streptococcus thermophilus* 300 million, *Bifidobacterium bifidum* 450 million, *Bifidobacterium longum* 75 million, *Bifidobacterium infantis* 1.5 billion, Fructo-Oligosaccharides 50 mg, soyfiber & papaya extract 140 mg.

Description

Probiotics have antimicrobial, immunomodulatory, antidiarrheal, anti-allergic and antioxidant activities. Probiotics have been used with some benefit in the prevention and treatment of some gastrointestinal disorders, including antibiotic associated diarrhea and some infectious and viral diarrhea, most notably rotavirus-induced diarrhea in infants and children, lactose intolerance, sucrose and maltase deficiencies and inflammatory bowel disease.

Soy is a dietary supplement that is used to prevent heart disease. Other uses include the treatment of menopause symptoms, like hot flashes. Soy may also be used to treat osteoporosis, high cholesterol (fat in blood), kidney disease

and arthritis.

Papayas contain an enzyme called papain that aids digestion. It is high in fiber and water content, both of which help to prevent constipation and promote regularly and a healthy digestive tract.

Fructo-oligosaccharides appear to be of benefit in modulating the microbial ecology of the gut, boosting gastrointestinal immunity. It also protects against colon cancer and aid in calcium absorption.

Pharmacology

The antimicrobial activity of probiotics is thought to be accounted for, in large part, by their ability to colonize in the colon and reinforce the barrier function of the intestinal mucosa in addition, some probiotics have been found to secrete antimicrobial substances known as bacteriocins. It reduced gastrointestinal pH through stimulation of lactic acid producing bacteria and provides a direct antagonistic action on GI pathogen. *Lactobacillus acidophilus*, *Lactobacillus bulgaricus* and *Bifidobacterium*, have also demonstrated antioxidative ability. Mechanisms include chelation of metal ions (iron, copper), scavenging of reactive oxygen species and reducing activity.

Indications

Trugut is indicated for the management of gastrointestinal problems e.g. IBS, constipation, flatulence, indigestion etc.

Dosage & Administration

Adult & Children (6 years & above): Orally 1 capsule 2-3 times daily.

If unable to swallow the capsule-the content of 1 capsule can be mixed in a glass with water, juice or normal milk to drink.

Contraindication

Probiotics are contraindicated in those who are hypersensitive to any component of the product containing probiotics.

Side Effects

Probiotics are generally well tolerated.

Use in Pregnancy and Lactation

Should be used with caution or seek the advice of a healthcare professional before use.

Drug Interaction

There is no known drug interaction.

Storage

Store in a cool & dry place, protected from light. Keep all medicines out of reach children. Do not store above 25° C.

Packing

Each box contains 5X6's capsules in Alu-Alu blister strip.



Manufactured by
The ACME Laboratories Ltd.
Herbal & Nutraceuticals Division
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For Health, Vigour and Happiness



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