

Florastor[®]

Saccharomyces boulardii lyo

The #1 Probiotic Worldwide

**Clinically shown in over 50 years of
extensive international use to be safe and effective**

In every person there are billions of microorganisms that keep your gut (intestines) working properly. Some medicines, certain diseases, travel and stress can cause an upset in the balance of microorganisms in your body. **Florastor[®]** helps maintain the balance in your intestines and is safe to take with other medicines

What is Florastor[®]?

Florastor[®] is a probiotic made of live freeze dried yeast cells of the species *Saccharomyces boulardii*. The cells are put into capsules and sealed. Each capsule of **Florastor[®]** has 250 mg of *S. boulardii* in it.

BIOCODEX, Inc., commitment to excellence for our customers

Biocodex, Inc., has strict manufacturing processes that guarantee each capsule of **Florastor[®]** contains live yeast cells. There are multiple checking and test points by no fewer than 16 doctors to ensure that the cells are both "good" and present in the correct amount prior to being packaged and sold.

What is a probiotic?

Probiotics help the good organisms in your body to grow and protect your intestines against "bad" organisms that can make you unwell.

Why should you take Florastor[®]?

To promote intestinal health and maintain normal bowel function†

Who should take Florastor[®]?

Infants, children, and adults of any age

How many capsules of Florastor[®] should you take?

Take **one capsule twice a day** unless otherwise instructed by your physician.

How should you take Florastor[®]?

1. Swallow the capsule whole **OR**
2. Break open the capsule and empty the contents of the capsule on your tongue and wash down with a drink of water or juice **OR**
3. Break open the capsule and sprinkle over semi-solid food like apple sauce, sour cream or yogurt **OR**
4. Break open the capsule and add to drinks like water, orange juice, apple juice, milk or formula.

Florastor® is available in bottles of 10 (Order # 66825-0002-02) and bottles of 50 (Order # 66825-0002-01). **Florastor® Kids** is also available in powder form, 10 packets per box (Order # 66825-045-10).

How long does it take for Florastor® to start to work?

The capsule dissolves in the stomach and releases the yeast cells within 30 minutes of ingestion. The cells are spread throughout the small and large intestines creating a barrier in your gut against "bad" bugs.

How long does Florastor® continue to have an effect after you stop taking it?

When you stop taking **Florastor® S. boulardii** cells clear the body within 5 to 7 days

DO NOT take Florastor® if:

You have a yeast allergy or if you are currently taking any antifungal products (this could stop **Florastor®** from working)

I have lactose intolerance. Can I still take Florastor®?

Yes. **Florastor®** only contains a small amount of lactose (32.5 mg, this is 1/3rd of the lactose found in 1 slice of cheese) and has been successfully taken by people who can't eat lactose. **Florastor®** makes lactase which helps with the digestion of lactose. If you have more questions, please speak to your health care professional

If using Florastor® in children who may be dehydrated:

Replacement of water and electrolytes is recommended.

Are there any side effects from taking Florastor®?

Gas, constipation and thirst have been reported infrequently. If you have a central venous catheter, please speak with your health care professional before you start taking **Florastor®**. Very rare cases of fungemia have been observed in patients with a central venous catheter. In all cases the course was favorable after antifungal treatment.

Clinical support: There are many published studies supporting the use of **Florastor®**. Please visit our website (www.florastor.com) for further information

Storage:

Florastor® is guaranteed for up to three years when stored at room temperature (25° C or 77° F) or below.

NO REFRIGERATION NECESSARY.

† These statements have not been evaluated by the Food and Drug Administration
This product is not intended to diagnose, treat, cure or prevent any disease

Distributed by

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