

SCHEDULING STATUS: **S0**

PROBIFLORA ADULT CLASSIC BOWEL SUPPORT (4 Strain)

5 billion CFU, capsules

***Lactobacillus acidophilus* NCFM[®], *Lactobacillus casei* LC-11,**

***Lactococcus lactis* LI-23 and *Bifidobacterium lactis* BI-07**

**Contains sugar: Each capsule contains not more than 10 mg
glucose/fructose/sucrose blend in inulin.**

Category D: Complementary Medicine

Health Supplements: 34.9 Probiotics

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

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

Probiflora Adult Classic Bowel Support (4 Strain) is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use **Probiflora Adult Classic Bowel Support (4 Strain)** carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share **Probiflora Adult Classic Bowel Support (4 Strain)** with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What **Probiflora Adult Classic Bowel Support (4 Strain)** is and what it is used for
2. What you need to know before you take **Probiflora Adult Classic Bowel Support (4 Strain)**
3. How to take **Probiflora Adult Classic Bowel Support (4 Strain)**
4. Possible side effects
5. How to store **Probiflora Adult Classic Bowel Support (4 Strain)**
6. Contents of the pack and other information.

1. What Probiflora Adult Classic Bowel Support (4 Strain) is and what it is used for
Probiflora Adult Classic Bowel Support (4 Strain) is a probiotic.

When ingested on a regular basis, probiotics should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract/gut.

2. What you need to know before you take **Probiflora Adult Classic Bowel Support (4 Strain)**

Do not take Probiflora Adult Classic Bowel Support (4 Strain):

- If you are hypersensitive (allergic) to any of the active ingredients or any of the other ingredients (listed in section 6).

Warnings and Precautions

Take special care **with Probiflora Adult Classic Bowel Support (4 Strain):**

- Consult a healthcare provider before taking **Probiflora Adult Classic Bowel Support (4 Strain)** if you have fever, vomiting, bloody diarrhoea or severe stomach pain.
- Stop taking **Probiflora Adult Classic Bowel Support (4 Strain)** and consult a healthcare provider if symptoms of upset stomach (e.g. diarrhoea) occur or worsen.

Other medicines and Probiflora Adult Classic Bowel Support (4 Strain)

Always tell your healthcare provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

- Antibiotic medicines (used to treat bacterial infections) may decrease the effectiveness of **Probiflora Adult Classic Bowel Support (4 Strain)** if taken at the same time. You should take **Probiflora Adult Classic Bowel Support (4 Strain)** at least 2 hours before or after antibiotic medicines.

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 provider for advice before taking **Probiflora Adult Classic Bowel Support (4 Strain)**.

Safety in fertility, pregnancy and lactation has not been established.

Driving and using machines

It is not always possible to predict to what extent **Probiflora Adult Classic Bowel Support (4 Strain)** may interfere with your daily activities. Ensure that you do not engage in the above activities until you are aware of the measure to which **Probiflora Adult Classic Bowel Support (4 Strain)** affects you.

Probiflora Adult Classic Bowel Support (4 Strain) contains fructose, glucose and sucrose

- Each capsule contains not more than 10 mg blend of fructose/glucose and sucrose. You should take into account the additive effect of products containing fructose (or sorbitol)

and dietary intake of fructose (or sorbitol) when taken or used together **Probiflora Adult Classic Bowel Support (4 Strain)**.

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking **Probiflora Adult Classic Bowel Support (4 Strain)**.

3. How to take Probiflora Adult Classic Bowel Support (4 Strain)

Do not share medicines prescribed for you with any other person.

Always take **Probiflora Adult Classic Bowel Support (4 Strain)** exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The usual dose is:

Adults: Take 1 capsule daily in the morning.

Dosage can be increased to 2 capsules a day if needed or as directed by your healthcare professional.

Take at least 2 hours before or after antibiotics.

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

If you take more Probiflora Adult Classic Bowel Support (4 Strain) than you should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take Probiflora Adult Classic Bowel Support (4 Strain)

Do not take a double dose to make up for forgotten individual doses.

4. Possible Side Effects

Probiflora Adult Classic Bowel Support (4 Strain) can have side effects.

Not all side effects reported for **Probiflora Adult Classic Bowel Support (4 Strain)** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking **Probiflora Adult Classic Bowel Support (4 Strain)**, please consult your healthcare provider for advice.

Probiflora Adult Classic Bowel Support (4 Strain) is generally well tolerated.

Tell your doctor if you notice any of the following:

Less frequent side effects:

- worsening diarrhoea,

- abdominal (stomach) pain,
- constipation,
- gas.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. You can also report side effects directly to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. By reporting side affects you can help provide more information on the safety of **Probiflora Adult Classic Bowel Support (4 Strain)**.

5. How to store Probiflora Adult Classic Bowel Support (4 Strain)

Store all medicines out of reach of children.

- Store at or below 25 °C.
- Store away from direct sunlight and moisture.
- Do not use after the expiry date stated on the carton / bottle.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What Probiflora Adult Classic Bowel Support (4 Strain) contains:

The active substances are:

<i>Lactobacillus acidophilus</i> NCFM®	5 billion CFU*
<i>Lactobacillus casei</i> LC-11	
<i>Lactococcus lactis</i> LI-23	
<i>Bifidobacterium lactis</i> BI-07	

* Colony forming units

The other ingredients are: Hypromellose (HPMC), inulin/oligofructose (containing glucose, fructose and sucrose), magnesium stearate and microcrystalline cellulose.

What Probiflora Adult Classic Bowel Support (4 Strain) looks like and contents of the pack

A white capsule containing cream coloured powder with light yellow granules.

30 or 60 capsules in a white HDPE round jar with a white PP screw on flip top lid.

Not all pack sizes may be marketed.

Holder of Certificate of Registration

Adcock Ingram Limited

1 New Road,

Erand Gardens,

Midrand,

1685

Customer Care: 0860 ADCOCK/232625

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SKEDULERINGSSTATUS: S0

PROBIFLORA ADULT CLASSIC BOWEL SUPPORT (4 Strain)

5 biljoen KVE, kapsules

Lactobacillus acidophilus NCFM®, *Lactobacillus casei* LC-11,

Lactococcus lactis LI-23 en *Bifidobacterium lactis* BI-07

Bevat suiker: Elke kapsule bevat nie meer as 10 mg

glukose/fruktose/sukrose-vermenging in inulien nie.

Kategorie D: Komplementêre Medisyne

Gesondheidsaanvullings: 34.9 Probiotika

Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

Lees die hele voubiljet noukeurig, omdat dit belangrike inligting bevat

Probiflora Adult Classic Bowel Support (4 Strain) is beskikbaar sonder 'n doktersvoorskrif, om u gesondheid mee te onderhou. Nógans moet u steeds **Probiflora Adult Classic Bowel Support (4 Strain)** versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubiljet. U sal dit dalk weer moet lees.
- Moenie **Probiflora Adult Classic Bowel Support (4 Strain)** met enigiemand anders deel nie.
- Vra u gesondheidsorgkundige of apteker indien u meer inligting of advies benodig.

Wat in hierdie voubiljet staan

1. Wat **Probiflora Adult Classic Bowel Support (4 Strain)** is en waarvoor dit gebruik word
2. Wat u moet weet voor u **Probiflora Adult Classic Bowel Support (4 Strain)** neem
3. Hoe om **Probiflora Adult Classic Bowel Support (4 Strain)** te neem
4. Moontlike newe-effekte
5. Hoe om **Probiflora Adult Classic Bowel Support (4 Strain)** te bêre
6. Inhoud van die verpakking en ander inligting

1. Wat Probiflora Adult Classic Bowel Support (4 Strain) is en waarvoor dit gebruik word

Probiflora Adult Classic Bowel Support (4 Strain) is 'n probiotikum.

Met gereelde inname behoort probiotika die mikrobiese balans in die menslike ingewande te verbeter of te normaliseer en daardeur die werking van die spysverteringskanaal/derms verbeter.

2. Wat u moet weet voor u Probiflora Adult Classic Bowel Support (4 Strain) neem **Moenie Probiflora Adult Classic Bowel Support (4 Strain) neem:**

- Indien u hipersensitief (allergies) vir enige van die aktiewe bestanddele of enige van die ander bestanddele is nie (gelys in afdeling 6).

Waarskuwings en voorsorgmaatreëls

Wees veral versigtig met **Probiflora Adult Classic Bowel Support (4 Strain)**:

- Raadpleeg 'n gesondheidsorgkundige voor u **Probiflora Adult Classic Bowel Support (4 Strain)** neem indien u koors, braking, bloederige diarree of erge maagpyn het.
- Staak die gebruik van **Probiflora Adult Classic Bowel Support (4 Strain)** en raadpleeg 'n gesondheidsorgkundige indien simptome van 'n omgekrapte maag (bv. diarree) voorkom of vererger.

Ander medisyne en Probiflora Adult Classic Bowel Support (4 Strain)

Lig altyd u gesondheidsorgkundige in indien u enige ander medisyne neem. (Dit sluit alle komplementêre of tradisionele medisynes in.)

- Antibiotiese medisyne (vir behandeling van bakteriële infeksies) kan die doeltreffendheid van **Probiflora Adult Classic Bowel Support (4 Strain)** verswak as dit op dieselfde tyd geneem word. U moet **Probiflora Adult Classic Bowel Support (4 Strain)** minstens 2 uur voor of ná antibiotiese medisyne neem.

Swangerskap, borsvoeding en vrugbaarheid

Indien u swanger is of borsvoed, vermoed dat u swanger is of van plan is om 'n baba te kry, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgkundige vir advies voor u **Probiflora Adult Classic Bowel Support (4 Strain)** neem.

Veiligheid vir vrugbaarheid, swangerskap en laktasie is nog nie vasgestel nie.

Bestuur en gebruik van masjinerie

Dit is nie altyd moontlik om te voorspel in watter mate **Probiflora Adult Classic Bowel Support (4 Strain)** by u alledaagse aktiwiteite sal inmeng nie. Maak seker dat u nie die bogenoemde aktiwiteite verrig tot u weet in watter mate **Probiflora Adult Classic Bowel Support (4 Strain)** u aantass nie.

Probiflora Adult Classic Bowel Support (4 Strain) bevat fruktose, glukose en sukrose

- Elke kapsule bevat nie meer as 10 mg van 'n vermenging van fruktose/glukose en sukrose. U moet die additiewe effek van produkte wat fruktose (of sorbitol) bevat en voedselinname van fruktose (of sorbitol) in ag neem voor dit saam met **Probiflora Adult Classic Bowel Support (4 Strain)** geneem of gebruik word.

Indien u dokter u ingelig het dat u 'n onverdraagsaamheid teenoor sekere suikers het, kontak u dokter voor u **Probiflora Adult Classic Bowel Support (4 Strain)** neem.

3. Hoe om Probiflora Adult Classic Bowel Support (4 Strain) te neem

Moenie medisyne wat aan u voorgeskryf is met enigiemand anders deel nie.

Neem **Probiflora Adult Classic Bowel Support (4 Strain)** altyd presies soos voorgeskryf in hierdie voubiljet of soos u dokter of apteker vir u gesê het. Raadpleeg u dokter of apteker indien u nie seker is nie.

Die algemene dosis is:

Volwassenes: Neem 1 kapsule daagliks in die oggend.

Dosering kan tot 2 kapsules per dag verhoog word indien nodig, of soos aangedui deur u gesondheidsorgkundige.

Neem minstens 2 uur voor of ná antibiotika.

'n Gebalanseerde dieet is die doeltreffendste en veiligste manier om goeie voedingswaarde, gesondheid, liggaamssamestelling sowel as geestelike en fisiese verrigting te bereik.

Indien u meer Probiflora Adult Classic Bowel Support (4 Strain) neem as wat u moet

In die geval van oordosering, raadpleeg u dokter of apteker. Indien nie een van die twee beskikbaar is nie, kontak die naaste hospitaal of gifhulpentrum.

Indien u vergeet om Probiflora Adult Classic Bowel Support (4 Strain) te neem

Moenie 'n dubbele dosis neem om die vergete individuele dosisse op te maak nie.

4. Moontlike newe-effekte

Probiflora Adult Classic Bowel Support (4 Strain) kan newe-effekte hê.

Nie alle newe-effekte wat vir **Probiflora Adult Classic Bowel Support (4 Strain)** aangemeld is, is in hierdie voubiljet ingesluit nie. Indien u algemene gesondheid sou verswak of indien u enige ongewenste effekte ervaar terwyl u **Probiflora Adult Classic Bowel Support (4 Strain)** neem, raadpleeg asseblief u verskaffer van gesondheidsorg vir advies.

Probiflora Adult Classic Bowel Support (4 Strain) word oor die algemeen goed verdra.

Lig u dokter in indien u enige van die volgende opmerk:

Minder algemene newe-effekte:

- verergerende diarree,
- buikpyn (maagpyn),
- hardlywigheid,
- winderigheid.

Indien u enige newe-effekte opmerk wat nie in hierdie voubiljet genoem is nie, lig asseblief u dokter of apteker in.

Aanmelding van newe-effekte

Indien u enige newe-effekte ervaar, lig u dokter, apteker of verpleegkundige in. U kan newe-effekte ook regstreeks by SAHPRA aanmeld via die Med Safety App (Medsafety X SAHPRA) en elektroniese aanmeldingsplatform (who-umc.org) wat op SAHPRA se webwerf gevind kan word. Deur newe-effekte aan te meld, kan u help om meer inligting oor die veiligheid van **Probiflora Adult Classic Bowel Support (4 Strain)** te verskaf.

5. Hoe om Probiflora Adult Classic Bowel Support (4 Strain) te bêre

Bêre alle medisyne buite bereik van kinders.

- Bêre teen of benede 25 °C.
- Bêre beskut teen direkte sonlig en vog.
- Moenie gebruik ná die vervaldatum wat op die kartondosie / bottel aangedui is nie.
- Neem alle ongebruikte medisyne na u apteker terug.
- Moenie ongebruikte medisyne in afvoerpype of rioolstelsels (bv. toilette) gooi nie.

6. Inhoud van die verpakking en ander inligting

Wat Probiflora Adult Classic Bowel Support (4 Strain) bevat:

Die aktiewe bestanddele is:

<i>Lactobacillus acidophilus</i> NCFM®	5 biljoen KVE*
<i>Lactobacillus casei</i> LC-11	
<i>Lactococcus lactis</i> LI-23	
<i>Bifidobacterium lactis</i> BI-07	

* Kolonievormende eenhede

Die ander bestanddele is: Hipromellose (HPMC), inulien/oligofruktose (bevat glukose, fruktose en sukrose), magnesiumstearaat en mikrokristallyne sellulose.

Hoe Probiflora Adult Classic Bowel Support (4 Strain) lyk en inhoud van die verpakking

'n Wit kapsule wat roomkleurige poeier met liggeel korrels bevat.

PASIËNT INLIGTINGSBILJET

30 of 60 kapsules in 'n ronde wit HDPE botteltjie met 'n wit PP skroefprop met 'n opwipdeksel.

Nie alle verpakkingsgroottes sal dalk bemark word nie.

Houer van Registrasiesertifikaat

Adcock Ingram Limited

New Road 1,

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1685

Kliëntediens: 0860 ADCOCK/232625

Hierdie voubiljet is mees onlangs hersien op

14 Junie 2024

Registrasienommer

Moet toegeken word

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