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Saccharomyces boulardii lyo

Generic name: saccharomyces boulardii lyo [SAK-a-roe-MYE-sees-boo-LAR-dee-eye-LYE-oh]**Brand names:** [Florastor](#), [Florastor Kids](#), [Saccharomyces Boulardii+MOS](#), Florastor Baby**Dosage forms:** oral capsule (250 mg; with mannan-oligosaccharides), oral powder for reconstitution (250 mg)**Drug classes:** [Antidiarrheals](#), [Probiotics](#)[Medically reviewed](#) by Drugs.com on Nov 18, 2024. Written by [Cerner Multum](#).[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [Dosage](#) [Interactions](#)

What is saccharomyces boulardii lyo?

Saccharomyces boulardii lyo is a specific form of yeast also known as Brewer's Yeast, Hansen CBS 5926, Levure de Boulangerie, and Probiotic.

Saccharomyces boulardii lyo has been used as a probiotic, or "friendly bacteria," to prevent the growth of harmful bacteria in the stomach and intestines.

Saccharomyces boulardii lyo is **likely effective** in alternative medicine as an aid in preventing diarrhea caused by taking [antibiotics](#), or by using a feeding tube. Saccharomyces boulardii lyo is also likely effective in treating diarrhea in babies and children.

Saccharomyces boulardii lyo has been used as a **possibly effective** aid in preventing the recurrence of diarrhea caused by Clostridium difficile ([C. difficile](#)). However, this product may not be effective in treating the first episodes of this type of diarrhea. Saccharomyces boulardii lyo is also **possibly effective** in treating "[traveler's diarrhea](#)," diarrhea in people with HIV, and stomach ulcers caused by Helicobacter pylori.

Other uses **not proven with research** have included irritable bowel disease, [Crohn's disease](#), [ulcerative colitis](#), [cystic fibrosis](#), urinary tract infections, yeast infections, [lactose intolerance](#), and other conditions.

It is not certain whether saccharomyces boulardii lyo is effective in treating any medical condition. Medicinal use of this product has not been approved by the FDA. Saccharomyces boulardii lyo should not be used in place of medication prescribed for you by your doctor.

Saccharomyces boulardii lyo is often sold as an herbal supplement. There are no regulated manufacturing standards in place for many herbal compounds and some marketed supplements have been found to be contaminated with toxic metals or other drugs. Herbal/health supplements should be purchased from a reliable source to minimize the risk of contamination.

Saccharomyces boulardii lyo may also be used for purposes not listed in this product guide.

Saccharomyces boulardii lyo side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives; difficult breathing; swelling of your face, lips, tongue, or throat.

Although not all side effects are known, saccharomyces boulardii lyo is thought to be likely safe for most people when used as directed for up to 15 months.

Common side effects of saccharomyces boulardii lyo may include:

- gas, bloating; or
- [constipation](#).

This is not a complete list of side effects and others may occur. Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Saccharomyces boulardii lyo side effects](#) (more detail)

Related/similar drugs

Xifaxan

Xifaxan (rifaximin) is used to treat travelers' diarrhea, irritable bowel syndrome with diarrhea ...

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Warnings

Follow all directions on the product label and package. Tell each of your healthcare providers about all your medical conditions, allergies, and all medicines you use.

Before taking this medicine

You should not use *saccharomyces boulardii* lyo if you are allergic to yeast, or if you are taking an antifungal medication such as:

- [clotrimazole](#) ([Mycelex Troche](#));
- [itraconazole](#) ([Sporanox](#));
- [ketoconazole](#) ([Nizoral](#));
- [miconazole](#) ([Oravig](#));
- nystatin ([Mycostatin](#), [Bio-Statin](#), Nilstat); or
- [voriconazole](#) ([Vfend](#)).

Ask a doctor, pharmacist, or other healthcare provider if it is safe for you to use this product if you have:

- weak immune system (caused by disease or by using certain medicine);
- lactose intolerance;
- if you are dehydrated; or
- if you have a central IV line (venous catheter).

Ask a doctor before using *saccharomyces boulardii* lyo if you are pregnant or breastfeeding.

Do not give any herbal/health supplement to a child without medical advice. **A child with diarrhea should be checked by a doctor.**

How should I take *saccharomyces boulardii* lyo?

When considering the use of herbal supplements, seek the advice of your healthcare provider. You may also consider consulting a practitioner who is trained in the use of herbal/health supplements.

If you choose to take *saccharomyces boulardii* lyo, use it as directed on the package or as directed by your healthcare provider, pharmacist, or other healthcare provider.

Do not use more of this product than is recommended on the label.

You may take *saccharomyces boulardii* lyo with or without food.

Saccharomyces boulardii lyo is available in capsule and powder form.

Do not use different formulations (such as capsules together with powder) at the same time without medical advice. You may get too much of this product.

You may swallow the **capsule** whole, or open it and sprinkle the contents directly onto your tongue. Drink at least 4 ounces of water or juice when swallowing the medicine.

To use the oral **powder**, tear open the packet and empty the entire contents into at least 4 ounces of water, juice, or milk. Stir this mixture and drink all of it right away. To make sure you get the entire dose, add a little more water to the same glass, swirl gently and drink right away.

To make swallowing easier, you may also sprinkle the medicine from a **capsule** or from the **powder** packet into a spoonful of yogurt or applesauce. Swallow right away without chewing. Do not save the mixture for later use. Discard the

empty capsule.

Call your doctor if the condition you are treating with saccharomyces boulardii lyo does not improve, or if it gets worse while using this product.

Store this product at room temperature away from moisture and heat. Do not refrigerate.

Saccharomyces boulardii lyo dosing information

Usual Adult Dose for Diarrhea:

Saccharomyces boulardii lyo 250 mg oral capsule:

One capsule orally two times daily.

Saccharomyces boulardii lyo 250 mg oral powder for reconstitution:

One packet orally two times daily.

Usual Pediatric Dose for Diarrhea:

Saccharomyces boulardii lyo 250 mg oral capsule:

One capsule orally two times daily.

Saccharomyces boulardii lyo 250 mg oral powder for reconstitution:

One packet orally two times daily.

 [Detailed Saccharomyces boulardii lyo dosage information](#)

What happens if I miss a dose?

Skip the missed dose if it is almost time for your next scheduled dose. **Do not** use extra saccharomyces boulardii lyo to make up the missed dose.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

What should I avoid while taking saccharomyces boulardii lyo?

Follow your healthcare provider's instructions about any restrictions on food, beverages, or activity.

What other drugs will affect saccharomyces boulardii lyo?

Other drugs may affect saccharomyces boulardii lyo, including prescription and over-the-counter medicines, vitamins, and [herbal products](#). Tell your doctor about all your current medicines and any medicine you start or stop using.

 [Saccharomyces boulardii lyo drug interactions](#) (more detail)

Does saccharomyces boulardii lyo interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

saccharomyces boulardii lyo

+

Enter a drug name

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More about saccharomyces boulardii lyo

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Patient resources

- [Capsules patient information](#)
- [Powder Packets](#)

Other brands

[Florastor](#), [Florastor Kids](#), [Saccharomyces Boulardii+MOS](#)

Related treatment guides

- [Diarrhea](#)

Further information

- Consult with a licensed healthcare professional before using any herbal/health supplement. Whether you are treated by a medical doctor or a practitioner trained in the use of natural medicines/supplements, make sure all your healthcare providers know about all of your medical conditions and treatments.

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)

DRUG STATUS

Availability

OTC Over the counter

CSA Schedule*

N/A Not a controlled drug



User Reviews & Ratings

6.4 / 10

[29 Reviews](#)

Images

[Florastor \(saccharomyces boulardii lyo\) 250 mg \(Florastor 250 mg\)](#)

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