

# T2Biotic

## Supports Healthy Blood Sugar Levels

### Consumer Medicine Information

#### 1. What is in the leaflet?

This leaflet answers some of the more common questions about T2Biotic capsules.

It does not contain all the available information. It does not take the place of talking to your healthcare professional.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking T2Biotic capsules against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your healthcare professional.

**Keep this leaflet with the medicine.**

You may need to read it again.

#### 2. What T2Biotic is used for

T2Biotic is a multi-species probiotic that may help to support healthy fasting blood sugar levels and may support a reduction in abdominal adiposity in conjunction with lifestyle intervention.

T2Biotic contains 50 billion Colony Forming Units of microorganisms per capsule, including *Lactobacillus gasseri*, *Lactobacillus plantarum*, *Lactobacillus delbruekii* subsp. *bulgaricus*, *Bifidobacterium breve*, *Bifidobacterium animalis* subsp. *lactis*, *Bifidobacterium bifidum*, *Streptococcus thermophilus* and *Saccharomyces boulardii*. The combination of these strains may aid to restore microbial balance during and after antibiotic use.

**Your healthcare professional may have prescribed T2Biotic for another reason.**

**Ask your healthcare professional if you have any questions concerning why T2Biotic has been prescribed for you.**

T2Biotic is not addictive.

#### 3. Before you take T2Biotic

If symptoms persist consult your healthcare professional.

**Do not take T2Biotic if:**

**1. You have had an allergic reaction to T2Biotic, or any ingredient in T2Biotic (listed in section 8).**

**2. The safety seal is broken, missing or shows signs of tampering.**

**3. The expiry date (EXP) printed on the pack has passed.**

If you take this medicine after the expiry date has passed, it may not work as well.

**If you are not sure whether you should start taking T2Biotic contact your health professional.**

**Before you take T2Biotic, tell your doctor if:**

**1. You have any allergies to any other medicines, foods, preservatives, dyes or additives.**

If you experience any allergic reaction or other side effects after consuming T2Biotic you should discontinue use and consult with your healthcare professional.

**2. You are pregnant or planning to become pregnant.**

**3. You are breastfeeding or planning to breastfeed.**

**4. You have or have had any other health problems or issues including:**

- Stomach or bowel disease
- Compromised immune system (HIV/ AIDS and cancer treatment patients)
- Short bowel syndrome

**5. You drink large amounts of alcohol.**

**6. You are taking other medicines.**

**Tell your healthcare professional if you are taking any other medicines, including any that you get without a prescription, from a pharmacy, supermarket or health food store.**

Some medicines may interfere with T2Biotic. These include:

- Immunosuppressant Drugs
- Antibiotics

These medicines may be affected by T2Biotic, or may affect how well T2Biotic works. You may need to take different amounts of your medicine, or you may need to take different medicines. Your doctor will advise you.

Your healthcare professional has more information on medicines to be careful with or avoid while taking T2Biotic.

**Ask your healthcare professional if you are not sure about this list of medicines.**

**If you have not told your healthcare professional about any of the above, tell them before you start taking T2Biotic.**

#### 4. How to take T2Biotic

**1. Follow all directions given to you by your healthcare professional carefully.**

**2. Take T2Biotic exactly as your healthcare professional has prescribed.**

This may differ from the information contained in this leaflet.

**3. How much T2Biotic should be taken?**

Take 2 capsules, up to two times per day. Your healthcare professional will tell you how many T2Biotic capsules to take each day. This depends on the condition being treated and whether any other medicines are being used.

#### 4. How to take T2Biotic

Capsules should be swallowed whole.

Capsules can also be broken open and put on cold foods. Consult with your healthcare professional if you are unsure. Do not take any capsules that are damaged.

#### 3. When to take T2Biotic

Take T2Biotic at least 2 hours apart from prescription drugs.

#### 4. How long to take T2Biotic

Take T2Biotic as long as your healthcare professional prescribes.

#### 5. If you forget to take T2Biotic

Do not try to make up for missed doses by taking an extra dose. This may increase the chance of getting an unwanted side effect.

If it is almost time for your next dose, skip the dose you missed and take the next dose when you are meant to.

**If you are unsure of what to do, check with your healthcare professional.**

#### 6. If you have taken too much T2Biotic (overdose)

Please visit your healthcare professional if there are signs of discomfort. Tell them how much T2Biotic you took, and they will determine what action is best for your health.

#### 5. While you are taking T2Biotic

**Things you MUST do:**

**1. If you become pregnant while taking T2Biotic, tell your healthcare professional immediately.**

**2. If you are about to start taking a new medicine, tell your healthcare professional that you are taking T2Biotic.**

**3. If you are planning to have surgery, including dental surgery, tell your healthcare professional that you are taking T2Biotic.**

**4. Always follow your healthcare professional's instructions carefully.**

**Things you MUST NOT do:**

1. Do not heat T2Biotic or add into hot foods.

2. Do not expose T2Biotic to extreme heat conditions for extended periods of time.

**Things to be careful of:**

As T2Biotic contains probiotic strains, taking antibiotics along with probiotics can reduce the effectiveness.

To avoid this interaction, take T2Biotic at least 2 hours before or after antibiotics.

You should discuss this with your healthcare professional.

#### 6. Side Effects

T2Biotic has low risk of side effects when taken as directed.

**Ask your healthcare professional to answer any questions you may have.**

**Tell your healthcare professional if you notice any of the following and they worry you:**

- Cramps or pain in the stomach area
- Constipation
- Diarrhoea
- Mucus in the stool
- Swollen or bloated stomach area
- Gas
- Discomfort in the upper stomach area

These side effects are usually mild and dose related. Most of them disappear completely in a few days to a few weeks after the dose of T2Biotic is lowered or stopped.

Tell your healthcare professional immediately if you experience any of the following:

- loss of appetite
- itching
- shortness of breath
- nausea and vomiting

**Tell your doctor if you notice anything else that is making you feel unwell.**

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## 7. After taking T2Biotic

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### Storage

Keep T2Biotic in its bottle until it is time to take it. If you take the capsules out of the bottle they may not keep well.

Store T2Biotic at 2°C - 8°C. Refrigerate, do not freeze.

Protect T2Biotic from light.  
Heat and dampness can destroy the medicine.

Do not store T2Biotic, or any other medicine, in a bathroom or near a sink.  
Do not leave it in the car or on a window sill.

**Keep out of the reach of children.**

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## 8. Product description

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### What T2Biotic looks like:

T2Biotic is a hard capsule. T2Biotic is packed in a recyclable glass bottle with a safety seal over the cap. T2Biotic is available in bottles containing 30 capsules or 60 capsules.

### Ingredients:

#### Active Ingredients PER dose (2 capsules):

<i>Lactobacillus gasseri</i> .....	36 billion
<i>Lactobacillus plantarum</i> .....	12 billion
<i>Lactobacillus delbruekii</i> subsp. <i>bulgaricus</i> .....	6 billion
<i>Bifidobacterium breve</i> .....	15 billion
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> .....	16 billion
<i>Bifidobacterium bifidum</i> .....	14 billion
<i>Streptococcus thermophilus</i> .....	0.9 billion
<i>Saccharomyces boulardii</i> .....	100 million

#### Excipient Ingredients:

Cellulose  
Magnesium stearate  
Silica

#### The capsule shell contains

Vegetable Hydroxypropyl Methylcellulose

**T2Biotic is suitable for vegetarians**  
**T2Biotic is dairy and gluten free**

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## 9. Translation

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Not available

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## 10. Manufacturer

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T2Biotic is supplied in Australia by:  
A division of Medlab Clinical Limited™  
66 McCauley Street  
Alexandria NSW 2015  
Toll free: 1300 369 570

Australian Listing Number  
AUST L 296171

This Leaflet was prepared in November 2017

Medlab Clinical Limited™