

MultiBiotic™

Contains Multiple-Bacterial Strains

Consumer Medicine Information

1. What is in the leaflet

This leaflet answers some common questions about MultiBiotic™ 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 MultiBiotic™ 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 MultiBiotic™ is used for

MultiBiotic™ is a multi-strain probiotic formula.

MultiBiotic™ may be used to improve symptoms of medically diagnosed Irritable Bowel Syndrome, improve symptoms of altered bowel habits, relieve gastrointestinal discomfort and promote general well being and healthy immune function.

MultiBiotic™ contains 21.075 billion CFU (colony forming units) of bacteria per capsule, including *Streptococcus*, *Lactobacillus* and *Bifidobacterium* strains. These strains are found in the gastrointestinal tract. The combination of these strains may help to restore microbial balance during and after antibiotic use.

There are many different types of medicines used to improve gastrointestinal symptoms.

Your healthcare professional may have prescribed MultiBiotic™ for another reason.

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

MultiBiotic™ is not addictive.

3. Before you take MultiBiotic™

3a) When you must not take it

Do not take MultiBiotic™ if:

1. You have had an allergic reaction to MultiBiotic™ or any ingredient listed in section 8b.

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

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

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

If you are not sure if you should start taking MultiBiotic™ contact your healthcare professional.

Do not give MultiBiotic™ to children.

There is limited information on the use of MultiBiotic™ in children.

3b) Before you start to take it

You must tell your doctor if:

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

MultiBiotic™ capsules contain magnesium stearate, maltodextrin and silica.

If you experience any allergic reaction or other side effects after consuming MultiBiotic™ 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 during treatment for cancer)
- Short bowel syndrome

If you have not told your healthcare professional about any of the above, tell them before you start taking MultiBiotic™

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 MultiBiotic™. These include:

- Immunosuppressant Drugs
- Antibiotics

These medicines may be affected by MultiBiotic™ or may affect how well it 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 MultiBiotic™.

Ask your healthcare professional if you are not sure about the above list of medicines.

4. How to take MultiBiotic™

4a) How much to take

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

Take MultiBiotic™ exactly as your healthcare professional has prescribed.

They may differ from the information contained in this leaflet.

4b) How much MultiBiotic™ should be taken?

For adults, take two capsules with water morning and night before meals.

Your healthcare professional will tell you how many MultiBiotic™ capsules to take each day. This depends on the condition being treated and whether any other medicines are being used.

4c) How to take MultiBiotic™

Capsules should be swallowed whole with water daily before meals.

Capsules can be broken open and put on cold foods. Consult with your healthcare practitioner if you are unsure.

Do not take any capsules that are damaged.

4d) When to take MultiBiotic™

Before meals, unless otherwise advised by your healthcare practitioner.

4e) How long to take MultiBiotic™

Take MultiBiotic™ as long as your healthcare practitioner prescribes.

4f) If you forget to take MultiBiotic™

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.

4g) If you have taken too much MultiBiotic™ (overdose)

Visit your healthcare professional as soon as possible. Tell your healthcare professional how much MultiBiotic™ you took and he/she can determine what action is best for your health. Please visit your healthcare professional even if there are no signs of discomfort or poisoning.

5. While you are taking MultiBiotic™

5a) Things you **MUST** do:

If you become pregnant while taking MultiBiotic, tell your healthcare professional immediately.

If you are about to start taking a new medicine, tell your healthcare professional that you are taking MultiBiotic™.

If you are planning to have surgery, including dental surgery, tell your healthcare professional that you are taking MultiBiotic™. Always follow your healthcare professional's instructions carefully.

5b) Things you MUST NOT do:

Do not heat MultiBiotic™ or add into hot foods.

Do not expose MultiBiotic™ to extreme heat conditions for extended periods of time.

5c) Things to be careful of

As MultiBiotic™ contains probiotic strains, taking antibiotics along with probiotics can reduce their effectiveness.

To avoid this interaction take MultiBiotic™ at least 2 hours before or after antibiotics.

You should discuss this with your healthcare professional.

6. Side Effects

All medicines can have side effects. Sometimes they are serious, most of the time they are not.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

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
- Bloating stomach area
- Discomfort in the upper stomach area
- Gas

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

Serious allergic reactions to these ingredients are rare; however tell your healthcare professional immediately if you experience any of the following:

- Skin rash
- Swelling of face and throat
- Difficulty breathing
- Itching of the skin

7. After taking MultiBiotic™

7a) Storage

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

Always store MultiBiotic™ only in its original container.

Keep MultiBiotic™ refrigerated.

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

Heat and dampness can destroy the medicine.

Protect MultiBiotic™ from light.

8. Product description

8a) What MultiBiotic™ looks like

MultiBiotic™ is a hard clear capsule. MultiBiotic™ is packed in a recyclable plastic bottle with a tamper evident seal. MultiBiotic™ is available in bottles containing 30 capsules or 60 capsules.

8b) Ingredients**Active Ingredients per capsule**

Lactobacillus rhamnosus (Med 26).....9 billion
Lactobacillus acidophilus (Med 27) 3.75 billion
Lactobacillus plantarum (Med 25) 1.575 billion
Bifidobacterium animalis ssp. lactis
(Med 13).....3 billion
Bifidobacterium breve (Med12).....1.75 billion
Bifidobacterium bifidum (Med11).....500 million
Streptococcus thermophilus
(Med 51).....1.5 billion

Inactive Ingredients

Potato Maltodextrin
Magnesium Stearate
Silica

The capsule shell contains

Vegetable Hydroxypropyl Methycellulose

MultiBiotic™ is suitable for vegetarians

MultiBiotic™ is dairy and gluten free

MultiBiotic™ is Kosher certified

MultiBiotic™ is Halal certified

9. Translation

To read this information in other languages go to www.medlab.co/translate

10. Manufacturer

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

MultiBiotic™ is supplied in Northern America by: A division of InMed Technologies™
Suite 400, 29883 Santa Margarita Pkwy
Rancho Santa Margarita CA 92688
Toll free 1800 921 1710

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Medlab Clinical Limited™