

GastroDaily™

Supports Healthy Gastrointestinal Function & Natural Immunological Function

Consumer Medicine Information

1. What is in the leaflet?

This leaflet answers some common questions about GastroDaily™ powder.

It does not contain all of the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines and supplements have risks and benefits. Your doctor has weighed the risks of you taking GastroDaily™ powder against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your doctor or pharmacist.

Keep this leaflet with the medicine.

You may need to read it again.

2. What GastroDaily™ is used for

GastroDaily™ is an evidence-based formula to support healthy gastrointestinal and natural immunological function and to help relieve symptoms of medically diagnosed Irritable Bowel Syndrome.

GastroDaily™ contains the beneficial yeast *Saccharomyces cerevisiae* ssp. *boulardii* that is indicated for assisting with symptoms of diarrhoea due to various triggers and supports a healthy gastrointestinal microbial profile. ResistAid™ consists of the soluble fibre Arabinogalactan and bioactive flavonoids with clinical evidence of immune modulating properties that may support healthy immune function via various mechanisms. Arabinogalactan functions as a prebiotic supporting the growth and activity of healthy commensal bacteria. Peppermint (*Mentha piperita*) contains active chemical constituents that provide anti-emetic, anti-spasmodic and anti-microbial activity. GastroDaily™ assists in the maintenance or of general well being.

Your healthcare professional or pharmacist may have prescribed GastroDaily™ for another reason.

Ask your healthcare professional or pharmacist if you have any questions concerning why GastroDaily™ as been prescribed for you.

GastroDaily™ is not addictive.

3. Before you take GastroDaily™

3a) When you **MUST NOT** take it

Do not take GastroDaily™ if:

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

2. The packaging is torn, missing or shows signs of tampering

3. The expiry date (EXP) printed on the pack has passed. If it has expired or is damaged, return it to your pharmacist for disposal.

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 GastroDaily™ contact your healthcare professional or pharmacist.

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.

GastroDaily™ contains *Saccharomyces boulardii*, glutamine, arabinogalactan and peppermint leaf powder.

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

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:

- Gastrointestinal conditions
- Compromised immune system (HIV/ AIDS or during treatment of cancer)
- Short bowel syndrome

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

3c) Taking other medicines

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

Tell your healthcare professional or pharmacist if you are taking any of the following:

- Immunosuppressant Drugs
- Antibiotics

Some medicines may be affected by GastroDaily™ 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 or pharmacist has more information on medicines to be careful with or avoid while taking GastroDaily™

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

4. How to take GastroDaily™

4a) How much to take

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

Take GastroDaily™ exactly as your healthcare professional or pharmacist has prescribed.

They may differ from the information contained in this leaflet.

4b) How much GastroDaily™ should be taken?

Mix one 6 g dose (1 scoop) into 250 mL of water and drink immediately, one (1) to two (2) times per day or as directed by your healthcare professional.

Your healthcare professional or pharmacist will tell you how much GastroDaily™ powder to take each day. This depends on the condition being treated and whether any other medicines are being used.

4c) How to take GastroDaily™

Powder should be stirred in cold water and consumed immediately.

4d) When to take GastroDaily™

Take GastroDaily™ one (1) to two (2) times per day before meals, unless otherwise advised by your healthcare practitioner.

4e) How long to take GastroDaily™

Take GastroDaily™ as long as your healthcare professional prescribes.

4f) If you forget to take GastroDaily™

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 or pharmacist.

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

Visit your healthcare professional or pharmacist as soon as possible. Tell them how much GastroDaily™ you took and they can determine what action is best for your health. Please visit your healthcare professional or pharmacist if there are signs of discomfort or poisoning.

5. While you are taking GastroDaily™

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

If you become pregnant while taking, GastroDaily™ tell your healthcare professional or pharmacist immediately.

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

If you are planning to have surgery, including dental surgery, tell your healthcare professional or pharmacist that you are taking GastroDaily™.

Always follow your healthcare professional or pharmacist's instructions carefully.

5b) Things you **MUST NOT** do

Do not heat GastroDaily™ or add into hot liquids or foods.

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

5c) Things to be careful of

As GastroDaily™ contains a probiotic species, taking antibiotics along with probiotic can reduce the effectiveness. To avoid this interaction take GastroDaily™ at least 2 hours before or after antibiotics.

You should discuss this with your healthcare professional.

6. Side Effects

All medicines and supplements 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 or pharmacist to answer any questions you may have.

Tell your healthcare professional or pharmacist 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
- Gas

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

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

- Skin rash
- Swelling of the face and/or mouth
- Difficulty breathing
- Itching of the skin

If symptoms persist consult your healthcare practitioner. If Diarrhoea persists for more than 6 hours in infants under 6 months; 12 hours in children under 3 years; 24 hours in children aged 3 - 6 years or 48 hours in children over 6 years and adults, seek medical advice.

7. After taking GastroDaily™

7a) Storage

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

Always store GastroDaily™ only in its original container. Store below 25°C. Recommended to keep refrigerated. Do not freeze.

Do not store GastroDaily™, or any other medicine, in a bathroom or near a sink.

Do not leave it in the car or on windowsills.

Heat and dampness can destroy the medicine.

Keep out of reach from children.

Protect GastroDaily™ from light.

8. Product description

8a) What GastroDaily™ looks like

GastroDaily™ is an off-white powder. It is in a white cylinder bottle and each bottle contains 150 g of powder (25 doses).

8b) Ingredients

Active Ingredients per 6 g (1 scoop) dose

<i>Saccharomyces cerevisiae</i> ssp. <i>boulardii</i> (Med 41).....	5 billion
<i>L-Glutamine</i>	2g
<i>Arabinogalactan</i> (ResistAid™).....	2g
Peppermint leaf dry.....	100mg
Equiv. peppermint dry.....	500mg

Excipient Ingredients

Silica
Cocoa Powder
Stevia
Chocolate flavour
Peppermint flavour

GastroDaily™ does not contain any artificial colours, flavours or sweeteners

GastroDaily™ is suitable for vegetarians

GastroDaily™ is gluten and dairy free

9. Translation

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10. Manufacturer

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

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AUST L 242372
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Medlab Clinical Limited™