

## **SacchiFlora 250 mg hard capsules.**

### Composition

Every hard capsule contains **250 mg of Saccharomyces boulardii** (syn: Saccharomyces cerevisiae HANSEN CBS 5926), in a **viable lyophilised form**. Other ingredients are: anhydrous lactose, magnesium stearate, gelatine and colorants (E141, E171, E172).

### Properties

**SacchiFlora 250 mg contains a high dose of Saccharomyces boulardii and contributes to a balanced intestinal flora.**

### **What is intestinal flora?**

Intestinal flora is a collective term for all the bacteria in our intestines, which can be divided into useful and harmful bacteria. If the intestinal flora is healthy, the useful and harmful bacteria are balanced.

If the harmful bacteria prevail, we can get ill. This can happen if we change our food (travel) or are suffering from food poisoning or gastroenteritis. The harmful bacteria can also prevail after we use antibiotics, as antibiotics kill both harmful and useful bacteria. Even if we don't immediately notice that something is wrong in our intestines, a less than healthy intestinal flora can have its effects on our health. Well-functioning intestines ensure that our body absorbs the required nutrients every day, which is very important for if we want the body to function properly.

### **SacchiFlora is a probiotic.**

Probiotics contain living microorganisms that survive in the stomach and small intestine and have a favourable effect on the intestinal flora and/or intestinal function.

Taking Saccharomyces boulardii is particularly recommended for maintaining and strengthening the natural balance of the intestinal flora.

In order to achieve the desired result, Saccharomyces boulardii should be abundantly present in the intestine. Every capsule of SacchiFlora therefore has a high quantity of living microorganisms. This makes it possible to limit the number of capsules to be taken every day.

### Instructions for use

To strengthen the intestinal flora: 1 to 2 hard capsules a day.

Swallow the capsule with a little water. As SacchiFlora contains living yeast cells, it is advised not to take the capsules with drinks or food that are ice-cold or hotter than 50°C.

In order to regain a balanced intestinal flora, it is recommended to take SacchiFlora for several weeks.

### Precautions

Children under 6 years of age: it is advised to open the capsule and mix the content with a little liquid or food.

Do not use this preparation if you have reduced immunity or a known allergy to one of its ingredients.

Ask your physician or pharmacist for advice.

### Storage

Store in a dry place at a temperature below 25°C. Keep out of the reach and sight of young children.

SacchiFlora comes in blister packs and is available in packaging containing 10, 50 and 100 hard capsules.

SacchiFlora is a food supplement.

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