

Consumer Medicine Information**1. What is in the leaflet?**

This leaflet answers some common questions about MultiBiotic™ capsules.

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

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 or pharmacist.

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 assist in the management of medically diagnosed Irritable Bowel Syndrome and relieves gastrointestinal discomfort. It may assist in the maintenance of normal/healthy cholesterol levels in healthy individuals and supports a 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 or pharmacist may have prescribed MultiBiotic™ for another reason.

Ask your healthcare professional or pharmacist if you have any questions concerning why MultiBiotic™ as 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:

- You have had an allergic reaction to MultiBiotic™, or any ingredient listed in section 8b.**
- The packaging is torn or shows signs of tampering.**
- 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 if you should start taking MultiBiotic™ contact your healthcare professional or pharmacist.

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:

- 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 or pharmacist.

- You are pregnant or planning to become pregnant**
- You are breastfeeding or planning to breastfeed**
- You have or have had any other health problems or issues including:**
 - Stomach or bowel disease
 - Compromised immune system (HIV/ AIDS or during cancer treatment)
 - Short bowel syndrome

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

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 either of the following:

- Immunosuppressant Drugs
- Antibiotics

Some 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 or pharmacist has more information on medicines to be careful with or avoid while taking MultiBiotic™.

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

4. How to take MultiBiotic™**4a) How much to take**

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

Take MultiBiotic™ exactly as your healthcare professional or pharmacist 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 daily before meals, up to two times per day.

Your healthcare professional or pharmacist 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 or pharmacist 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 or pharmacist 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 or pharmacist.

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

Visit your healthcare professional or pharmacist as soon as possible. Tell them how much MultiBiotic™ you took and he/she can determine what action is best for your health. Please visit your healthcare professional or pharmacist 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 or pharmacist immediately.

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

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

Always follow your healthcare professional or pharmacist'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 the 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 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
- 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 after the dose of MultiBiotic™ 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 throat
- Difficulty breathing
- Itching of the skin

7. After taking NRGBiotic™

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 freeze.

Do not store MultiBiotic™, 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.

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 safety seal over the cap.

MultiBiotic™ is available in bottles containing 30 capsules or 60 capsules.

8b) Ingredients

Active Ingredients

- *Lactobacillus rhamnosus* 9 billion
- *Lactobacillus acidophilus* 3.75 billion
- *Lactobacillus plantarum* 1.575 billion
- *Bifidobacterium animalis ssp. Lactis* 3 billion
- *Bifidobacterium breve* 1.75 billion
- *Bifidobacterium bifidum* 500 million
- *Streptococcus thermophilus* 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

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

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