

Patient Product Information

BIOGIT[®]

(*Saccharomyces boulardii*
India's First Probiotic Yeast)

Generic name: [Saccharomyces boulardii, (Granular)]

Please read this leaflet before you start taking BIOGIT[®]. Also, read it each time you renew your prescription, just in case anything has changed. Remember, this leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss BIOGIT[®] when you start taking your medication and at regular checkups.

What is the human gastrointestinal (GI) tract made up of and their functions ?

The human gastrointestinal tract refers to the stomach and intestine, which always releases hormones to help regulate the digestion process.

What is the importance of GI Tract flora?

The GI tract harbors a rich flora of more than 500 different bacterial species, some of which have important health functions. The GI tract's micro flora is involved in varied functions like:

- Stimulation of the Immune System
- Synthesis of Vitamins (B group and K)
- Enhancement of GIT motility and function
- Digestion and Nutrient Absorption
- Inhibition of Pathogens (Colonization resistance)
- Metabolism of plant compounds and drugs

How GI flora gets disturbed?

Many factors can harm the beneficial members of the GI tract flora, including

- Antibiotic use
- Psychological and physical stress
- Radiation
- Altered GI tract peristalsis, and dietary changes

This alteration in the equilibrium, leads to gastrointestinal disorders like antibiotic associated diarrhoea, inflammatory bowel disease, rotavirus induced diarrhoea in infants, lactose intolerance.

What are the methods of restoring GI flora?

The method of restoring GI flora involves, the administration of live microorganisms that beneficially affects the host upon ingestion, by improving the balance of the intestinal flora. These microorganisms are called probiotics. Examples: - Bacteria, Yeast (*Saccharomyces boulardii*).

What is the therapeutic option of restoring GI flora?

Saccharomyces boulardii is the only probiotic to survive in the presence of antibiotics and in gastric acidity. It is considered to be the safest among all probiotics.

Saccharomyces boulardii is used in the treatment of disorders such as:

- Antibiotic associated diarrhoea. (Rotavirus induced diarrhoea in infants & children)
- Lactose intolerance
- Food allergies

For more information on *Saccharomyces boulardii*, consult your doctor.