

14 CAN I TAKE VSL#3® IF I AM ALLERGIC TO CASEIN (A MILK PROTEIN) OR SOY PROTEIN?

Although the broth used to grow the bacteria in VSL#3® contains digested milk protein and digested soy protein, the amount of casein and soy proteins and peptides in VSL#3® is expected to be extremely low due to digestion of the protein to peptides, consumption of the peptides by the bacteria, and separation of the broth from the bacteria before freeze-drying. Although the broth does not test positive for casein, there could be casein or reactive casein peptides present in extremely small amounts.

15 CAN I TAKE VSL#3® IF I AM ALLERGIC TO GLUTEN (A PROTEIN FOUND IN WHEAT, BARLEY, AND RYE)?

There are no gluten derived materials used in the formulation of VSL#3®.

16 CAN I TAKE VSL#3® IF I HAVE INTOLERANCE TO DAIRY PRODUCTS (LACTOSE)?

Yes. In fact, certain probiotics aid digestion of lactose in lactose-intolerant individuals. VSL#3® contains 4 strains of lactobacilli and one strain of streptococcus that produce lactase, the enzyme that lactose-intolerant people are deficient in.

17 IS VSL#3® KOSHER AND HALAL-CERTIFIED, AND IF SO BY WHOM?

Yes. Certified as Kosher by Circle K and as Halal by Islamic Food and Nutrition Council of America.

18 DO THE BACTERIA IN VSL#3® SURVIVE THE STOMACH ACID?

Yes. The bacteria in VSL#3® were partly chosen for their ability to survive stomach acid, digestive enzymes, and bile salts. A clinical study suggests that the VSL#3® bacteria survive the stomach acid and temporarily colonize the intestine since the concentration of live VSL#3® bacteria in the stool was found to increase during administration of VSL#3® and return to baseline after discontinuation. The percentage of VSL#3® bacteria that survives the stomach may vary from person to person and day to day, and is based on factors such as diet, microbial ecology, and disease state.

19 IS VSL#3® SAFE FOR CHILDREN?

A significant number of studies have been performed with various probiotic bacteria in children and none of them has reported any significant adverse event potentially related to the probiotic use. It is reasonable to consider VSL#3® to be safe for children.

20 HOW SOON CAN I EAT OR DRINK HOT, CARBONATED, OR ACIDIC FOODS AFTER TAKING VSL#3®?

Within 15 minutes.

21 WILL I NEED A PRESCRIPTION TO GET VSL#3®?

No prescription is necessary. VSL#3® is exclusively available from Orphan South Africa.

22 HOW LONG CAN I KEEP VSL#3®?

The shelf life of the product is two years when refrigerated and about one week when stored at room temperature (24° C). The product should not be stored above room temperature.

23 WHAT HAPPENS IF THE VSL#3® SACHETS ARE LEFT AT ROOM TEMPERATURE?

VSL#3® sachets will be fine for about a week as long as it is not heated above room temperature (24° C). If it is left at room temperature for long periods of time or is exposed to excess heat, the micro-organisms in VSL#3® can become inactivated. VSL#3® sachets must be refrigerated at 4-8° C. Do not freeze.

VSL#3® capsules need not be refrigerated but should be stored at room temperature or below.

24 CAN I CARRY VSL#3® IN MY POCKET?

No, it should not be heated above room temperature at any time. An outer garment pocket may be acceptable if it is not too warm and the packets are not stored in it for too long.

Available at leading pharmacies through TRANSFARM on (012) 377-9000



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You deserve the Best!



The world's most concentrated high potency probiotic

Available in capsules and sachets

PROBIOTIC THERAPY

The intestinal tract of humans is a crucial organ involved in maintaining the nutritional balance and assisting the immune system in the body. It is colonized by over 400 different species of micro-organisms totalling **approximately 100 trillion bacteria** that contribute to the health of the intestinal tract and the body in general. These "good" bacteria found in the human bowel are known as normal flora.

The 'good' bacteria are considered beneficial to the body as they help in the breakdown of proteins and fats in food as well as aid with the metabolism of vitamins, minerals and amino acids. They can control infective bacteria from implanting and protect us from pathogenic (bad) bacteria penetrating the bowel wall and infecting the human body. Factors such as an unhealthy diet, medication, stress, illness, ageing and environmental factors can upset the balance between the various bacterial species present in the gut.

The signs associated with bacterial imbalance may include: diarrhoea, constipation, bloating, halitosis (bad breath), cramping, and malabsorption syndromes such as lactose intolerance. These symptoms can be associated with a wide range of gastrointestinal disorders, and may also follow the use of some antibiotics and procedures like radiation therapy.

Re-establishing the balance between the number and proportion of different bacterial species present in the gastrointestinal tract is the goal behind the use of probiotics.

Probiotics are "living micro-organisms in foods or dietary supplements which, upon ingestion in certain numbers, improve the health of the host (individual) beyond their inherent basic nutrition."

Most probiotics contain one or more lactic acid bacteria and bifidobacteria. These species are among the first micro-organisms to colonize the gut after birth. Probiotics may also comprise certain yeasts or other types of micro-organisms.

- 1 **WHAT IS PROBIOTIC THERAPY?**
Probiotics are live micro-organisms that, when consumed in adequate amounts, affect the body in a beneficial manner.
- 2 **WHAT IS VSL#3®?**
VSL#3® is a patented preparation of live freeze-dried, lactic acid bacteria, developed to provide the optimal concentration and types of healthy bacteria for the gastrointestinal tract.
- 3 **HOW IS VSL#3® DIFFERENT FROM OTHER PROBIOTIC THERAPIES?**
VSL#3® is different from other probiotic therapies in the high concentration of bacteria, the number and types of bacterial strains, and the growing body of clinical evidence which supports its use in a variety of gastrointestinal disorders.
- 4 **HOW MANY BACTERIA ARE IN VSL#3®?**
Each sachet contains at least 450 billion colony forming units (CFU) of bacteria from 8 beneficial strains. Each capsule contains at least 112 billion colony forming units (CFU) of bacteria from 8 beneficial strains.
- 5 **WHAT KINDS OF BACTERIA ARE IN VSL#3®?**
There are 8 beneficial strains of bacteria present in VSL#3™. These include: 4 strains of lactobacilli (*L. casei*, *L. plantarum*, *L. acidophilus*, and *L. delbrueckii* subspecies *bulgaricus*); 3 strains of bifidobacteria (*B. longum*, *B. breve*, and *B. infantis*); and 1 strain of streptococcus (*S. salivarius* subspecies *thermophilus*). These strains were chosen for their synergy (co-operative activity) and capability to colonize the lower intestine. In addition, these bacterial strains are a normal part of the human gut flora.
- 6 **HOW DOES VSL#3® WORK?**
Scientists suggest that some gastrointestinal diseases may be caused by or associated with overgrowth or predominance of pathogenic ("bad") bacteria. VSL#3® introduces "good" bacteria into the body to increase their dominance in the bowel, thereby reversing the damage and problems caused by "bad" bacteria.
- 7 **HOW MUCH VSL#3® SHOULD I TAKE?**
The usual quantity is 1 to 2 sachets per day or 1 to 4 capsules per day.

However, the amount required can vary from person to person and is dependent on the person's lifestyle and medical history. You may find at times that the amount may change. Adjust the amount as necessary and see which amount works best for you. For further advice, please speak to your healthcare provider.

- 8 **HOW LONG DOES IT TAKE FOR THE BACTERIA IN VSL#3® TO COLONIZE THE GUT?**
Maximum concentration is seen in approximately 3 weeks. Results of a VSL#3® study, suggest that the high colonization level, along with a significant reduction in faecal pH, occurs 20 days after the start of the treatment and remains stable throughout the treatment.
- 9 **HOW DO I TAKE VSL#3® SACHETS OR CAPSULES?**
VSL#3® can be taken in a variety of ways. VSL#3® sachets may be dissolved in water or added to yoghurt or fruit juice. VSL#3® sachets may be mixed with food/water that is at room temperature or below, or has been refrigerated. VSL#3® must be consumed as soon as possible after it has been mixed. Do not prepare VSL#3® with any food/liquid that is warmer than room temperature (i.e. hot tea, soup, etc). Do not dissolve VSL#3® in carbonated liquids. VSL#3® capsules may be swallowed whole or opened and the powder taken as described above.
- 10 **WHAT TIME OF DAY IS IT BEST TO TAKE VSL#3®?**
Any time is fine.
- 11 **SHOULD VSL#3® BE TAKEN WITH FOOD OR ON AN EMPTY STOMACH?**
Either way is fine. VSL#3® can be taken with food or on an empty stomach.
- 12 **HOW LONG CAN I TAKE VSL#3®?**
VSL#3® can be taken every day for as long as necessary.
- 13 **CAN I TAKE VSL#3® WHILE ON ANTIBIOTICS?**
As VSL#3® is sensitive to antibiotics, the effects of VSL#3® will be reduced if taken at the same time as antibiotics since the antibiotics can inactivate the bacteria in VSL#3®. VSL#3® should therefore be taken inbetween your antibiotic dose to minimise the inactivation of the VSL#3®.