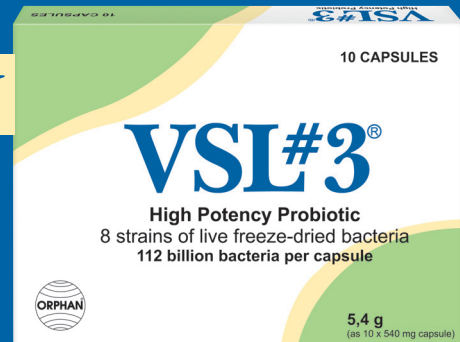


# You need more than a drop in the ocean to make a difference!

NEW

## Introducing...



## The world's most concentrated probiotic

100 trillion micro-organisms normally live in the human gastrointestinal tract and are referred to as "normal gut flora". Somewhere around 400 different species of bacteria are present, many of which are essential for normal digestive and immune system function. There are some species however that are harmful, and can contribute to various gastrointestinal ailments. A healthy body balances the natural intestinal flora so that the beneficial bacteria outnumber the potentially harmful bacteria.

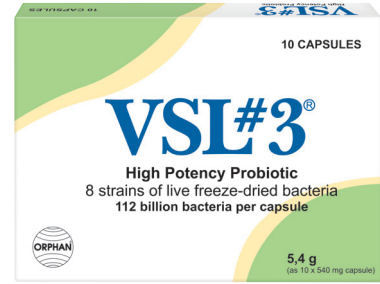
However different factors in our lives, such as an unhealthy diet, stress, illness and ageing can deplete these beneficial bacteria and upset the natural balance. The aim in using probiotics is to re-establish the balance between the number and proportion of the different bacterial species that are present in the gastrointestinal tract.

**You need more than a drop in the ocean to make a difference!**

**VSL#3** consists of 8 different naturally occurring strains of bacteria specifically selected and blended to provide the optimal concentration and types of "healthy" bacteria which may protect the GI tract from inflammation.<sup>1,2</sup> The species used in **VSL#3** include :

- *Lactobacillus acidophilus*
- *Lactobacillus plantarum*
- *Lactobacillus paracasei*
- *Lactobacillus delbrueckii* subsp *bulgaricus*
- *Bifidobacterium breve*
- *Bifidobacterium infantis*
- *Bifidobacterium longum*
- *Streptococcus thermophilus*

**VSL#3** is highly potent, containing 112 billion of these "good" bacteria which adhere to the wall of the GI tract and form a barrier that protects the inner layer of the gut from "bad" bacteria that cause inflammation<sup>3</sup> - you need a high dose because there's a lot of competition in there with 100 trillion micro-organisms!



# VSL#3® CAPSULE

## HIGH POTENCY PROBIOTIC

The human digestive tract is a crucial organ for processing nutrients and for the functioning of the immune system. The gut is not sterile: it is colonized by thousands of billions of bacteria. Most of the over 400 different bacterial species found in the gut are considered friendly because they contribute to the overall health of the intestine.

The balance between the various bacterial species present in the gut can be upset by lifestyle changes, including the food we eat, inflammatory diseases, use of antibiotics, chemotherapy, radiation therapy and other factors such as stress and age.

Re-establishing the balance between the number and proportion of different bacterial species present in the gastrointestinal tract may normalize the permeability, motility, metabolism, immune response and other functions of the gut. One natural way to achieve this goal is by administering an adequate number of selected species of lactic acid bacteria and bifidobacteria.

### What is VSL#3® capsule?

**VSL#3® capsule** is a patented blend of lyophilized lactic acid bacteria and bifidobacteria. Eight strains of bacteria have been selected, cultivated and mixed proportionally to optimize the efficacy of the product: *Streptococcus thermophilus*, Bifidobacteria (*B. breve*, *B. longum*, *B. infantis*), *Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Lactobacillus paracasei*, *Lactobacillus delbrueckii* subsp. *bulgaricus*. Each capsule contains at least 112 billion bacteria (lactic acid bacteria and bifidobacteria). This high number is necessary to ensure the colonization of the intestine by probiotic bacteria. Excipients: microcrystalline cellulose, stearic acid, magnesium stearate and silicon dioxide. The vegetable capsule is made of Hydroxypropyl Methyl cellulose.

### When should you take VSL#3® capsule?

**VSL#3® capsule** may be used in all cases of alterations of the intestinal flora and to improve the GI tract functions. It assists in the relief of symptoms such as diarrhoea, stomach cramps, flatulence, and bloating associated with Irritable Bowel Syndrome (IBS) and Ulcerative Colitis (UC), as well as antibiotic therapy. **VSL#3® capsule** is a food supplement and should not be used as a substitute for a balanced diet.

### How many VSL#3® capsules should you take?

The recommended daily dose is 1-4 capsules. Do not exceed the recommended dosage. **VSL#3® capsule** can be taken with a glass of water. If swallowing is difficult, the capsule can be opened and its contents dissolved in water or any other cold, non-carbonated drink.

### Side effects

No side effects have been reported following the ingestion of **VSL#3® capsule**. Bloating may occur during the first few days after starting **VSL#3® capsule**. This is usually a temporary phenomenon due to the adaptation of the intestinal microflora.

### Storage

The lactic acid bacteria and bifidobacteria contained in **VSL#3® capsule** are sensitive to excessive heat, therefore the product has to be kept in a cool and dry place and away from any source of heat or light. If unopened and stored correctly, the product can be used until the "Best before" date.

### Nutritional information

	Per 100 g	Per capsule (540 mg)
Energy value	365 kcal/1528 kJ	1,97 kcal/8,25 kJ
Proteins (Nx6,25)	44,66 g	0,24 g
Carbohydrates	37,2 g	0,2 g
Fats	4,2 g	0,02 g
Sodium	0,762 g	0,004 g

This product does not contain colouring agents, preservatives or synthetic sweeteners.

**Warning: VSL#3® capsule may contain traces of: gluten, soy, lactose and skimmed dehydrated milk.**

Lactose	< 0,1 g / 100 g*
Gluten	< 20 mg / Kg*
Allergens of soy	< 2,5 mg / Kg*
Milk proteins (casein, -lactoglobulin)	< 2 mg / Kg*

\* Values below the standard limits

Keep out of reach of children

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