

## CONSUMER INFORMATION LEAFLET

Information for the consumer about **entiro™** chewable tablets, capsules and FastMelt sachets

**Read all of this leaflet carefully because it contains important information for you. entiro™ is available without a doctor's prescription. Nevertheless you still need to use entiro™ carefully to get the best results from it.**

- Keep this leaflet, you may need to read it again.
- Ask your healthcare professional if you need more information or advice.

### AVAILABLE IN:



**entiro™** chewable tablets  
(packs of 10's and 30's)



**entiro™** capsules  
(packs of 10's, 30's and 60's)



**entiro™** FastMelt sachets  
(packs of 10's and 30's)

### ABOUT entiro™

**entiro™** was developed through award-winning research at the University of Stellenbosch. It is manufactured in Denmark, at the world-class manufacturing facility of probiotic specialists, Bifodan.

### WHAT entiro™ CONTAINS:

Each **entiro™** capsule, chewable tablet and FastMelt sachet contains a minimum of 100 million colony forming units (CFU's) of viable *Enterococcus mundtii* (ST4SA) and a minimum of 100 million CFU's of viable *Lactobacillus plantarum* (423).

### Other ingredients include:

**entiro™** capsules: maize starch, pregelatinised maize starch, hydroxypropyl methylcellulose, titanium dioxide, magnesium stearate.

**entiro™** chews: lactitol, xylitol, sorbitol, hydrogenated vegetable fat (palm fruit), flavouring, citric acid, magnesium stearate, colourant, (maltodextrin, carmine).

**entiro™** FastMelt sachets: erythritol, xylitol, mono- and diglycerides of fatty acids, magnesium oxide, natural flavour, citric acid, sodium carboxymethylcellulose and silicon dioxide.

### Important notes on entiro™:

- Free from gelatin.
- Suitable for diabetics.

- Gluten free.
- Capsules are hard vegetable capsules, suitable for vegans.

### WHAT entiro™ IS USED FOR:

The human digestive tract is home to billions of bacteria – both good and bad. Probiotics are beneficial when the balance between good and bad gut flora are disturbed by factors such as stress, poor diet, travel, illness, antibiotic use etc. An imbalance can result in various disease states including diarrhoea, bloating, constipation, irritable bowel syndrome and a weakened immune system.

**entiro™** is a probiotic supplement of probiotic organisms, live micro-organisms that confer a health benefit on the host when taken in sufficient quantities.

**entiro™** is scientifically formulated to colonise and adhere to the lining of the gut and must compete with harmful organisms for adhesion sites. The bacteria in **entiro™** produce antimicrobial peptides, which protect against a number of harmful bacteria. **entiro™** forms a barrier of protection inside the gut; effectively keeping harmful organisms from adhering to the intestinal lining and destroying them.

This barrier of protection extends throughout the entire gut, as **entiro™** strains covers both the small and large bowel:

- *Enterococcus mundtii* (ST4SA) adheres predominantly to the large bowel.
- *Lactobacillus plantarum* (423) adheres predominantly to the small bowel.

**entiro™** LINES, BINDS and PROTECTS the entire gut, maintaining and balancing intestinal flora.

#### **BEFORE YOU USE entiro™:**

##### **Do NOT take entiro™:**

- If you are allergic (hypersensitive) to any of the ingredients in the formulation.

##### **Take special care with entiro™:**

Please consult your healthcare professional if you are diagnosed with any medical conditions, or taking any other medicines including complementary or traditional medicine.

##### **Taking entiro™ with food and drink:**

**entiro™** can be taken with or without food, preferably in the morning, with breakfast.

##### **Pregnancy and breastfeeding:**

The safe and effective use of **entiro™** in pregnancy and breastfeeding has not been established and is not recommended.

**If you are pregnant or breastfeeding your baby while taking entiro™, please consult your healthcare professional for advice.**

**entiro™** may be used in combination with antibiotics, as prescribed by your doctor. Since the use of antibiotics with **entiro™** may inhibit the growth of or kill the active *Enterococcus mundtii* (ST4SA) and *Lactobacillus plantarum* (423) strains in **entiro™**, take **entiro™** at least one hour apart from the prescribed antibiotics (see **HOW TO TAKE entiro™**). For this reason it is further advised to take **entiro™** for an additional 5 to 7 days after the course of antibiotics has been completed.

#### **HOW TO TAKE entiro™:**

##### **Daily use:**

Take one **entiro™** capsule, chewable tablet or contents of one sachet\* per day, with breakfast, as a daily probiotic supplement to maintain and balance intestinal flora, or as prescribed by a healthcare professional.

##### **Acute use:**

Take one **entiro™** capsule, chewable tablet or sachet\*

daily (at least one hour apart from prescribed antibiotics), to restore intestinal flora during antibiotic therapy, or as prescribed by a healthcare professional. During antibiotic use this can be repeated 12 hours later.

\*Pour the powder directly into the mouth. Dissolves instantly on tongue. No need for water.

**entiro™** capsules and chews are suitable from 2 (two) years of age and older.

**entiro™ FastMelt** sachets are suitable from 6 (six) months of age and older.

#### **POSSIBLE SIDE-EFFECTS:**

**entiro™** capsules may cause mild, temporary side-effects such as flatulence and bloating.

#### **STORAGE INSTRUCTIONS:**

Store in a dry place at or below 25 °C.

Keep the blisters in the outer carton until required for use.

Keep the sachets in the outer carton until required for use.

Do not take **entiro™** after the expiry date stated on the packaging.

Do not dispose of unused **entiro™** in drains or sewerage systems (e.g. toilets).

#### **KEEP OUT OF REACH OF CHILDREN.**

#### **PRESENTATION OF entiro™:**

Blister packs of 10 capsules each packed in an outer carton in pack sizes of 10's, 30's and 60's capsules.

Blister packs of 10 chewables each packed in an outer carton in pack sizes of 10's and 30's chewable tablets.

Single sachets packed in an outer carton in pack sizes of 10's and 30's sachets.

#### **NAME AND BUSINESS ADDRESS:**

CIPLA MEDPRO (PTY) LTD

Building 9, Parc du Cap, Mispel Street, Bellville, 7530

Customer Care: 080 222 6662

www.cipla.co.za

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