

PACKAGE LEAFLET: INFORMATION FOR THE USER

SCHEDULING STATUS: S0

PROPRIETARY NAME (and dosage form): ALPHA Probiotics Effervescent Tablets 10's

ACTIVE INGREDIENTS:

Each effervescent tablet contains: *CFU

Lactobacillus acidophilus 1 x 10⁹

Lactobacillus plantarum 1 x 10⁹

Bifidobacterium lactis 1 x 10⁹

Bifidobacterium longum 1 x 10⁹

Saccharomyces boulardii 1 x 10⁹

*CFU (Colony Forming Units)

Contains Sweeteners: Sucralose 25 mg per effervescent tablet

Contains sugar alcohol: Isomalt (506,5 mg)

Excipients: Cocopine Flavour (300 mg), Brilliant Blue Colouring (E133) (3 mg) and a proprietary effervescent blend (4092.5 mg).

The effervescent blend contains citric acid, sodium bicarbonate, isomalt, polyethylene glycol, Silicon Dioxide and Sucralose

Complementary Medicine, Health Supplement

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use

Read all of this leaflet carefully because it contains important information for you.

Keep this leaflet. You may need to read it again.

ALPHA Probiotics is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use ALPHA Probiotics carefully to get the best results from it.

Do not share ALPHA Probiotics with any other person.

Ask your healthcare provider or Pharmacist if you need more information or advice.

What is in this leaflet?

1. What ALPHA Probiotics is, and what it is used for
2. What you need to know before you take ALPHA Probiotics
3. How to take ALPHA Probiotics
4. Possible side effects
5. How to store ALPHA Probiotics
6. Contents of the pack and other information

1. What ALPHA Probiotics is, and what it is used for

ALPHA Probiotics contains 5 strains of beneficial Probiotics. When ingested on a regular basis, probiotics should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract.

A few of the many additional benefits are listed here.

L. acidophilus

May benefit: constipation, diarrhoea, irritable bowel syndrome, diverticulitis, immune system, vaginitis, UTI's, Vitamin K production

L. plantarum

May benefit: constipation, colitis, intestinal permeability (leaky gut), small intestinal bacterial overgrowth syndrome (SIBO), allergies

B. lactis

May benefit: immune system, candidiasis, atopic eczema, Helicobacter pylori (which may cause stomach ulcers)

B. longum

May benefit: diarrhoea (particularly discomfort caused by anti-biotics), ulcerative colitis, immune system, lactose intolerance (by aiding in the digestion of lactose), cholesterol levels

S. Boulardii

May benefit: gastroenteritis, immune system, intestinal permeability (leaky gut), candidiasis, certain parasites, yeasts and pathogenic bacteria.

2. What you need to know before you take ALPHA Probiotics

Do not take ALPHA Probiotics:

if you are hypersensitive (allergic) to any of the ingredients of ALPHA Probiotics (listed in section 6).

If you are severely immunocompromised or immunosuppressed

Warnings and precautions

Keep out of reach of children.

Unless otherwise prescribed, do not exceed the stated daily dose.

Vitamin supplements should not replace a balanced diet.

Consult your Doctor or Pharmacist before taking ALPHA Probiotics if you are severely ill or recovering from surgery.

Use with care if you suffer from lactose intolerance as L. acidophilus may produce D-lactase. If symptoms arise, avoid using ALPHA Probiotics with meals high in carbohydrates. If symptoms persist, stop using ALPHA Probiotics.

Other medicines and ALPHA Probiotics

Always tell your healthcare provider if you are taking any other medicine.

Anti-biotics and anti-fungal medications will interfere with ALPHA Probiotics. It may be possible to continue taking ALPHA Probiotics if used either 2 hours BEFORE or 6 hours AFTER your medication.

ALPHA Probiotics with food

Using ALPHA Probiotic with food may increase the number of microbes to reach the intestines intact.

Pregnancy and breastfeeding

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your Doctor, Pharmacist or other healthcare provider for advice before taking this medicine.

Safety in pregnancy has not been established.

3. How to take ALPHA Probiotics

Do not share medicines prescribed for you, with any other person.

Take ALPHA Probiotics exactly as described in this leaflet or as prescribed by your Doctor or Pharmacist.

Dosage and Directions for use

Adults and Children over 3 years of age: Take ONE effervescent tablet daily after a meal or as prescribed by your Doctor or Pharmacist. (Dissolve tablet in a small quantity of water and drink).

Do not exceed the stated daily dosage.

If you take more ALPHA Probiotics than you should you may experience diarrhoea or bloating

In the event of overdosage, consult your Doctor or Pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take ALPHA Probiotics, do not take a double dose to make up for forgotten doses.

4. Possible side effects

ALPHA Probiotics can have side effects.

Not all side effects reported for ALPHA Probiotics are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking ALPHA Probiotics, please consult your healthcare provider for advice.

If any of the following happens, stop taking ALPHA Probiotics and tell your doctor:

swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing,

Rash or itching.

Diarrhoea or constipation

Stomach bloating or excessive flatulence

Depression, slurred speech or uncoordinated gait.

5. How to store ALPHA Probiotics

Store all medicines out of reach of children.

Store in a cool, dry place below 25°C .

Keep lid firmly closed to exclude moisture

Use within 30 days of opening.

6. Contents of the pack and other information

What ALPHA Probiotics contains

The active substances are Probiotics (see table of ingredients)

The other ingredients are Cocopine Flavour (300 mg), Brilliant Blue colour (E133) (3 mg), and a proprietary effervescent blend (4092.5 mg)

The effervescent blend contains: Citric Acid, Sodium Bicarbonate, isomalt, Polyethylene Glycol, Silicon Dioxide and Sucralose

What ALPHA Probiotics looks like and contents of the pack

Speckled pale blue cylindrical effervescent tablet.

10 effervescent tablets in a polypropylene tube.

Applicant

Alpha Pharm Retail Promotions (Pty) Ltd

Suite 5 Village Square, 19A Village Road, Kloof

This leaflet was created in

May 2021

PI available from:

Alpha Pharm Retail Promotions (Pty) Ltd

www.alphapharm.co.za