

Helps reduce the risk of
**antibiotic-associated
and travellers'
diarrhoea**

KEY BENEFITS

To help:

- ✓ Reduce the risk of diarrhoea associated with antibiotic use in adults and children
- ✓ Reduce the risk of travellers' diarrhoea in adults
- ✓ Reduce the risk of diarrhoea in children
- ✓ Support a healthy microbial balance in the digestive system
- ✓ Restore normal microbial balance after disruption by antibiotic therapy
- ✓ Reduce abdominal pain in those aged 5-16 years old with medically-diagnosed irritable bowel syndrome (IBS)

CAUTIONS/ CONTRAINDICATIONS

- If diarrhoea persists for more than 12 hours in children under 3 years, 24 hours in children 3-6 years or 48 hours in adults and children over 6 years, seek medical advice.
- During pregnancy and breastfeeding consult a health professional before using nutritional supplements.

PRODUCT FEATURES

- ✓ A combination of two evidence-based strains *Saccharomyces boulardii* and *Lactobacillus rhamnosus* GG
- ✓ Shelf-stable, suitable for travel
- ✓ Suitable for adults and children over 2 years
- ✓ Gluten-free and dairy-free

EACH VEGETABLE CAPSULE CONTAINS

<i>Saccharomyces cerevisiae boulardii</i> (BioOptima™)	5 billion CFU
<i>Lactobacillus rhamnosus</i> GG	5 billion CFU

Suitable for vegetarians and vegans. NO artificial colours, flavours or preservatives, gluten, wheat, nuts, dairy or animal products.

DOSAGE

Travellers' diarrhoea: Adult: 1 capsule twice daily.
Antibiotic-associated diarrhoea: Adult: 2 capsules twice daily.
Child: 2-12 years: 1-2 capsules daily.
General diarrhoea: Child: 2-12 years: 1-2 capsules daily.
For gastrointestinal health: Adult: 1-2 capsules daily.
Child: 2-12 years: 1 capsule daily.
Medically-diagnosed IBS abdominal discomfort or pain:
Child: 5-16 years: 1 capsule daily.



Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Made in Australia.

BACKGROUND INFORMATION

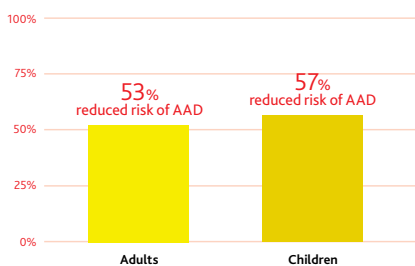
SACCHAROMYCES BOULARDII (SB)

Whilst most people think of probiotics as being beneficial bacteria, particular yeasts can also act as probiotics. SB has been used for over 30 years to help relieve symptoms and incidence of diarrhoea caused by unfriendly bacteria, and is believed to work in several ways. For example, it helps prevent toxins secreted by some harmful bacteria from sticking to the cells of the digestive system and produces a substance that aids their breakdown.

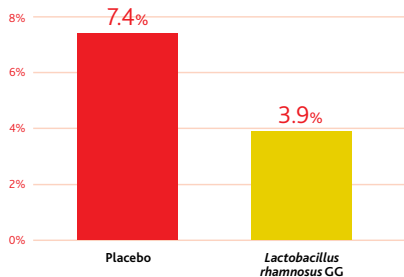
LACTOBACILLUS RHAMNOSUS GG (LGG)

LGG is one of the most widely studied probiotic strains and its effects on human health have been examined in numerous clinical trials. LGG has a positive immune balancing effect in the digestive system. When ingested, LGG "crowds out" harmful bacteria in the digestive system and competes for space and nutrients. By doing this, it prevents harmful bacteria taking up residence. LGG produces a substance that can assist in killing or reducing the number of harmful bacteria in the digestive tract, including a well-known bacterium that causes diarrhoea and vomiting as a result of food contamination.

RISK REDUCTION OF ANTIBIOTIC ASSOCIATED DIARRHOEA¹



RISK REDUCTION IN TRAVELLERS' DIARRHOEA (ADULTS)²



1. Szajewska, H, Kołodziej, M. The Medical University of Warsaw.
2. Hilton E, et al. Albert Einstein College of Medicine, New York.



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REDUCING THE RISK OF DIARRHOEA

Diarrhoea may be caused by a number of things including infections, a change in diet and some medications. Antibiotic-associated diarrhoea can occur 2 – 3 weeks following the end of antibiotic therapy rather than during the treatment. Both LGG and SB may assist in reducing the risk of diarrhoea associated with antibiotic therapy in children, and SB may reduce the risk in adults. SB and LGG have also been shown to reduce the risk of travellers' diarrhoea in adults.

FAQs

When should I take Fusion GutBiotic SB+ to avoid antibiotic-associated diarrhoea (AAD)?

For reducing the risk of AAD, it's recommended to take a probiotic during the entire course of antibiotic therapy. Take probiotics 2 hours apart from antibiotic therapy.

When should I take a Fusion GutBiotic SB+ to avoid travellers' diarrhoea?

Take 2 days prior to travel and throughout the trip.

What does CFU stand for?

CFU stands for colony-forming unit. It refers to the number of viable organisms in each dose that can colonise our digestive systems.

Can I take Fusion Gutbiotic SB+ during pregnancy or breastfeeding?

If you are pregnant or breastfeeding, consult a healthcare professional before use.

How do I read a label?

Probiotics are described by their genus, species and strain. As an example, let's look at *Lactobacillus rhamnosus* GG. *Lactobacillus* refers to genus, *Rhamnosus* is the species, GG is the strain. It's important that these are included on the label so you can identify the strains included in a product as the benefits of probiotics are specific to the strain.

What dosage do I need to take?

All strains have different doses at which they are effective, therefore use the dose that is recommended on the label.



COMPANION PRODUCT

Fusion Digest 10 – With herbs used to ease mild digestive upsets, mild dyspepsia, symptoms of abdominal discomfort, bloating and fullness in traditional Chinese and Western herbal medicine.