

Bolardi™

Saccharomyces boulardii



COMPOSITION

Bolardi™ 250 Capsule: Each capsule contains *Saccharomyces boulardii* 250 mg (Eqv. to 5 billion CFU).

Bolardi™ 500 Capsule: Each capsule contains *Saccharomyces boulardii* 500 mg (Eqv. to 10 billion CFU).

PHARMACOLOGY

Saccharomyces boulardii strain survives stomach acid to colonize in the intestinal tract while acting as a temporary flora to protect the beneficial organisms of the intestine. Additionally, it works with the body to re-establish the microflora, thereby helping to maintain and support healthy immunity, digestion and gut health.

It shows following actions:

- Anti-toxin activity: *S. boulardii* produces proteins which work to neutralize bacterial toxins. This may include the toxins produced by *Clostridium difficile*.
- Anti-microbial: *S. boulardii* adheres to pathogens, which decreases their adhesion to the intestinal wall and decreases invasion of enterocytes into the body. These pathogens are then removed during bowel movements.
- Enzymatic activity: In healthy adults, *S. boulardii* increases the enzymatic activities (lactase, alpha-glucosidase, alkaline phosphatase). The production of intestinal polyamines by *S. boulardii* is one of its most relevant and specific mechanisms of action. The polyamines spermidine, spermine, and putrescine enhance the expression of brush border enzymes (such as hydrolases, proteases, and transport molecules).
- Immune Enhancement: *S. boulardii* helps prevent infection by stimulating the immune system along the GI lining by increasing the protective antibody IgA.
- Anti-inflammatory: *S. boulardii* causes a decrease in pro-inflammatory cytokines.

INDICATION

Bolardi™ is indicated for the prevention and treatment of following conditions:

- Diarrhea associated with antibiotics
- Traveler's diarrhea
- Recurring intestinal disease caused by *Clostridium difficile*
- Side effects of treatment for *Helicobacter pylori*
- Symptoms of acute diarrhea
- Diarrhea in infants
- Crohn's disease
- Ulcerative colitis and IBS

DOSAGE & ADMINISTRATION

Adult:

For diarrhea associated with the use of antibiotics: 250-500 mg of *Saccharomyces boulardii* two to four times a day.

For diarrhea caused by *Clostridium difficile*: 1 gram of *Saccharomyces boulardii* daily for 4 weeks along with antibiotic treatment.

For reduction in symptoms of acute diarrhea: 250 mg of *Saccharomyces boulardii* twice a day for 5 days.

For diarrhea in Crohn's disease: 250 mg of *Saccharomyces boulardii* three times daily has

been used for up to 9 weeks.

For diarrhea in ulcerative colitis: 250 mg of *Saccharomyces boulardii* three times daily.

For treatment of infections due to *Helicobacter pylori*: 250 mg-500 mg *Saccharomyces boulardii* twice daily in addition to usual treatment.

For diarrhea in Irritable bowel syndrome (IBS): 250 mg capsule twice daily.

For traveler's diarrhea: The recommended dosage is 250 mg capsule per day.

Children:

For reduction in symptoms of acute diarrhea: Children over three months are recommended to take two doses of 250 mg a day for five days. Children under three months are recommended to take 125 mg twice daily for five days.

CONTRAINDICATION

It is contraindicated in patients with a history of hypersensitivity to *Saccharomyces boulardii* or any other components of this product.

PREGNANCY & LACTATION

There is no available information about the safety of taking *Saccharomyces boulardii* in pregnancy and lactation.

SIDE EFFECTS

Saccharomyces boulardii is likely safe for most adults when taken by mouth. It can cause gas in some people.

DRUG INTERACTIONS

Taking *Saccharomyces boulardii* with medications for fungal infections (e.g. fluconazole, itraconazole, terbinafine and others) can reduce the effectiveness of it.

STORAGE

Store below 25° C, away from direct sunlight & moisture. Keep out of reach of children.

HOW SUPPLIED

Bolardi™ 250 Capsule: Each box contains 30 capsules in Alu-Alu blister pack.

Bolardi™ 500 Capsule: Each box contains 30 capsules in Alu-Alu blister pack.

Manufactured by

SQUARE PHARMACEUTICALS LTD.

HERBAL DIVISION

BSCIC, Pabna, Bangladesh

www.squarepharma.com.bd

