



## LactoGG® Capsules

### Composition

Each LactoGG® capsule is composed of :

- Vegetable capsule shell
- Probiotic bacterial strain, Lactobacillus rhamnosus GG (ATCC 53103) - **20 billion live cells**
- Prebiotic, Inulin (natural vegetable fibre)

LactoGG® capsules do not contain any animal components, dairy protein, sugar, yeast, gluten, artificial sugars, flavouring or colouring, preservatives or sodium.

The capsule shell is used to hold the probiotic bacteria and inulin for ease of administration. The capsule shell does not play an active part in the probiotic's actions and health benefits.

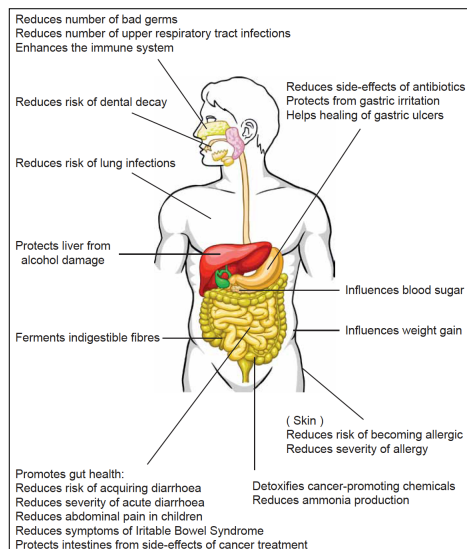
### Packing/Presentation

To ensure that the probiotic strain, Lactobacillus rhamnosus GG (ATCC 53103), remains alive, the freeze-dried bacterial cells are mixed with Inulin in a powdered form and encased in a vegetable capsule shell.

Each capsule is packed in its own microenvironment contained in a blister. Every blister is oxygen-, air- and moisture-free. There are 10 capsules in each double-aluminium foil blister card. There are 3 blister cards, containing 30 capsules, in each box of LactoGG® capsules.

### Actions

**Nearly 1000** scientific research and clinical studies have been performed on the Lactobacillus rhamnosus GG (ATCC 53103) probiotic strain.



They have shown that this probiotic strain can survive stomach acid and intestinal bile to colonise the human intestinal tract. Colonisation of Lactobacillus rhamnosus GG (ATCC 53103) results in the following actions:

- Binding to specific receptors on the intestinal cell surface and recognition by cells of the immune system.
- Stimulation and modulation of the immune system resulting in reduced inflammation, increased antibody production and increased immune activity against harmful germs and cells.
- Influencing cellular processes of the gastrointestinal cells (eg. cell growth and cell death/ turnover of cells in the intestinal surface, anti-oxidative activity)
- Increasing the intestinal barrier to disease-producing germs and allergy-associated proteins.
- Breakdown of cow milk proteins.
- Communicating with and inducing the growth of, other natural, good germs in the mouth and gastro-intestinal tract.

### Health Benefits and Indications

- Stimulates, modulates and balances the immune system
- Reduces the severity of acute diarrhoea
- Aids in reducing the gastrointestinal side-effects of antibiotics
- Lessens the risk of contracting infections in children
- Helps maintain a healthy bacterial balance in the gastro-intestinal tract
- Promotes gut health

### Dosage & Directions for Use

In accordance with clinical studies, the dosage is:

- Adults : 1 capsule a day
- Baby/child : ½ or 1 capsule a day

(The capsule is designed to be able to be taken apart so that the powdered contents can be poured into the mouth or be mixed with room temperature food and drinks when administering to babies and young children.)

In order to ensure viability of the probiotic bacteria, each LactoGG® capsule should be consumed as soon as it is popped out of its blister.

During diarrhoea the dose may be increased to twice a day.

### Safety

In clinical studies, Lactobacillus rhamnosus GG (ATCC 53103) has been used for prolonged periods in young babies (smallest baby weighed 0.465 kg), children, adults,

expectant and breast feeding mothers and the elderly (oldest person was over 95 years old).

### Side-Effects

No significant side-effects have been reported in clinical studies.

### Special Precautions and Contraindications

In order to ensure Lactobacillus rhamnosus GG (ATCC 53103) remains alive, it is recommended that LactoGG® capsules be consumed at least 1 hour apart from a dose of oral antibiotics.

LactoGG® capsules may be consumed with other prescribed medication and drugs.

Consult your healthcare professional for health-related matters.

Persons who may be severely immunocompromised are advised to discuss with their doctors before consuming LactoGG® capsules.

### Overdosage

None

### Storage and Care

Store in a cool, dry place, below 25°C. Avoid exposure to direct heat and sunlight.

Keep away from young children.

### Manufacturer

Garden State Nutritionals  
(Division of Vitaquest International Inc.)  
West Caldwell  
NJ 07006, USA.

### For Further Information

ProbioCare Pte Ltd (201603757R)  
Tel: +65 62555592  
Fax: +65 62555563

ProbioCare Sdn Bhd (1124987P)  
Tel: +603 20111223  
Fax: +603 20947723

PaediHealth (HK) Ltd (1286528)  
Tel: +852 34867233  
Fax: +852 34863723

email: [info@lactogg.com](mailto:info@lactogg.com)  
[www.lactogg.com](http://www.lactogg.com)  
[www.facebook.com/lactogg](https://www.facebook.com/lactogg)

