



**BioGaia®**  
Probiotics grounded in evolution  
Driven by science

# Stay Healthy Protect Your Gut

***BioGaia is special***

BioGaia consists of *L. reuteri* DSM 17938 strain which is special and derived from human mother's milk.

# BioGaia®

It produces Reuterin, which has antibacterial, antiviral and antifungal properties. Reuterin is able to induce oxidated stress in other bad bacteria to stop them from multiplying.

While probiotics can be beneficial, it is uncertain whether other strains can withstand the acidic environment in the stomach.

For 3 years and above  
Pregnant moms  
Other adults

Approved by MOH  
MAL 07010905XCR



Recommended dose:  
1 - 2 tablets a day  
This product can be used during  
pregnancy and breast-feeding

One of the most well researched  
probiotics in the world

Clinical results published in scientific  
journals around the world

BioGaia is prescribed by specialists in  
100 countries worldwide





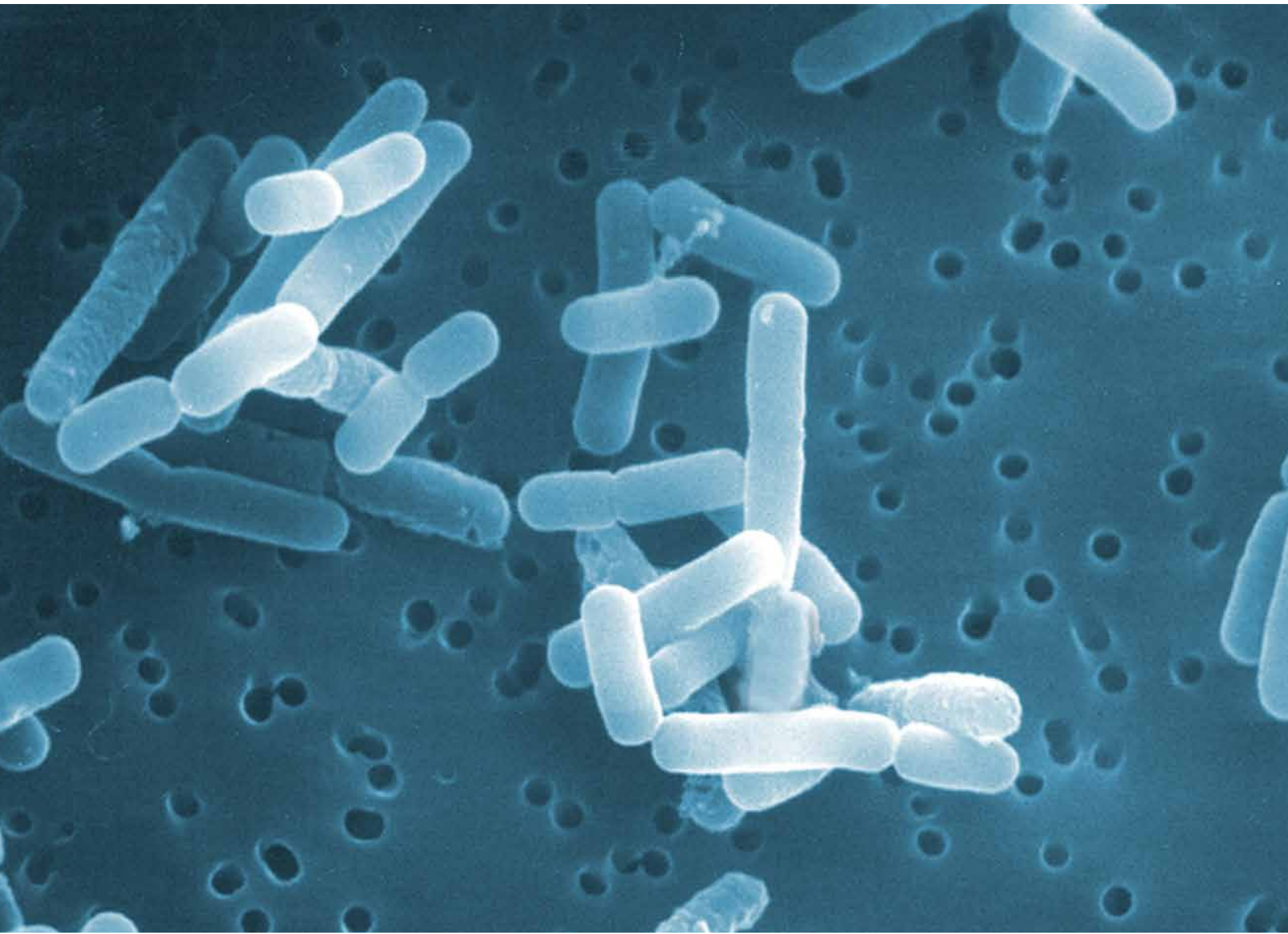
**BioGaia** is a world-leading probiotics brand from Sweden for 30 years, have been constantly collaborating with scientists and doctors through R&D to actively focus on efficient strains and indications.



## **Modern lifestyle negatively affects our microflora such as:**

- High intake of antibiotics and other drugs
- Low nutritional food
- Stress
- Sleep deficiency
- Environmental toxins
- Travelling





# **Probiotics:** **The good bacteria and your** **immune system**

Probiotics are good bacteria.

Probiotics provide a health benefit by favourably contributing healthy bacteria to your microflora.



80%

of the immune system can be directly linked to the gastrointestinal wall which makes a healthy intestinal mucosa and a balanced microbiota essential for a well functioning immune system.



## **It's safe for me**

For healthy people, probiotics are generally safe to consume.

Be sure to follow the instructions on the label. Pregnant women, infants, people with compromised immune systems, or people with short bowel syndrome should talk to a healthcare professional and the probiotics manufacturer before consuming.

# NOT all probiotics are the same

The use of probiotics is a science.

It is important to understand that there are many different probiotics strains, and experts believe that these different strains have different health benefits.

All probiotics are not the same and cannot be substituted for one another.





*L. reuteri* DSM 17938 improve growth of children with low nutritional status.

Because *L. reuteri* DSM 17938 naturally occurs in the human body, it is effective and suitable for human and children's health, as it is adapted to reside in humans.

Subsequent strains commercialised are less symbiotic with the human body in various ways.

*L. reuteri* DSM 17938 is one of the first probiotics strain patented and commercialised.

- Only BioGaia contains the natural probiotics strain *Lactobacillus reuteri* DSM 17938.
- This special probiotics naturally colonizes the digestive tract.
- It is even found in the milk of breastfeeding mothers.

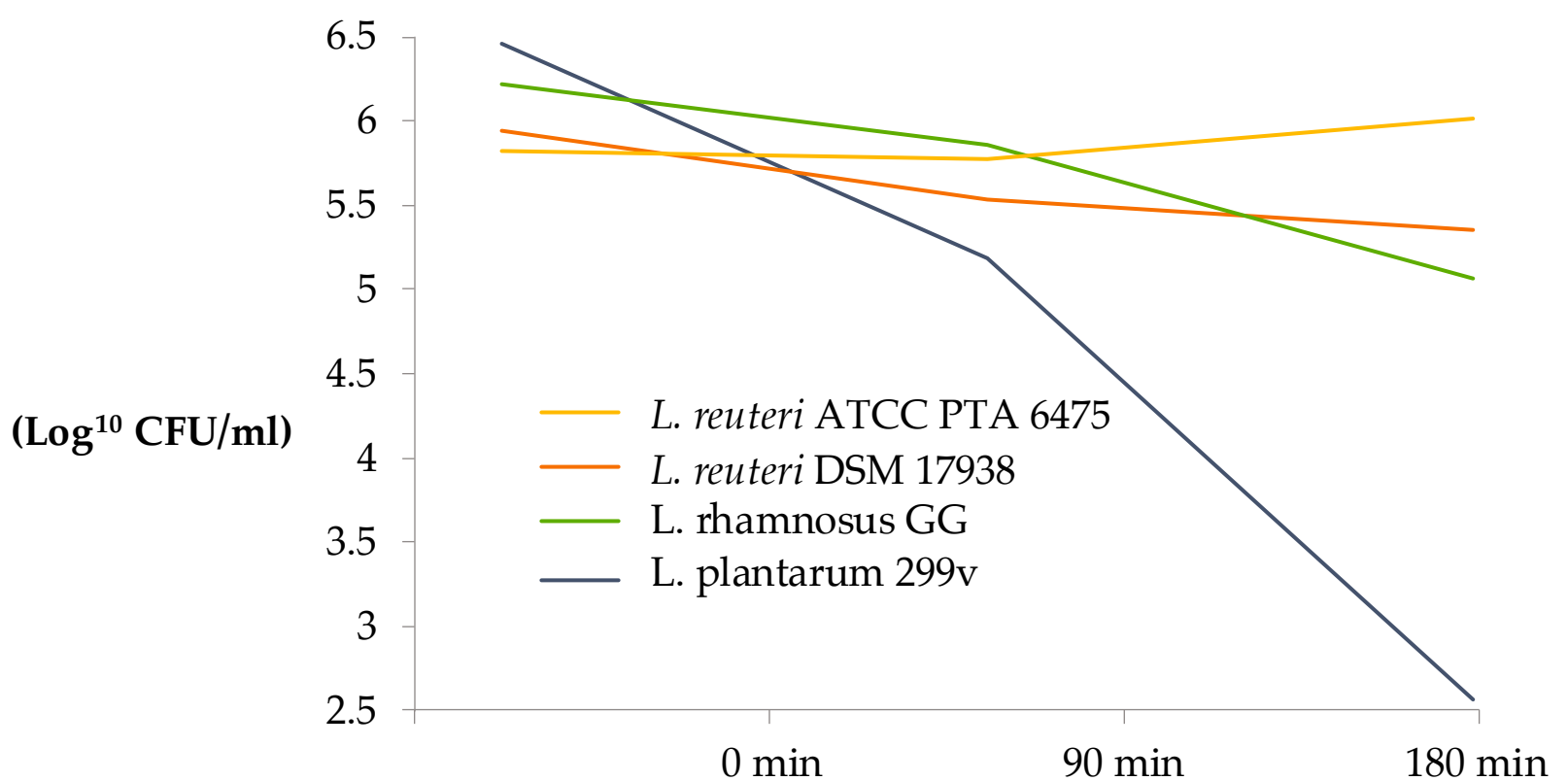
How do we keep the bacteria from dying in the acidic environment in the stomach before it reaches the gut?

- *L. reuteri* DSM 17938 is one of the very few probiotic species that have co-evolved with humans since the beginning of time and whose natural habitat is the digestive tract.
- It is therefore well adapted to this kind of environment.



- We have biopsies and stool studies to show that it *successfully colonizes in the stomach and intestines.*
- In other words, we do not need to use any specialized coating or acid coated technology to make sure that *L. reuteri* DSM 17938 survives in the acidic environment of the stomach and the GI tract.
- It is uncertain whether other strains can withstand the acidic environment in the stomach.

## Survival in simulated gastric juice



Ref: Hanne Jensen et al. 2011. Int J Food Microbiology

GI tract has  $\text{pH} < 3$ , where most of the bacteria does not survive including probiotics.

The quantities decrease more than 90% during gastric transit.

*L. reuteri* DSM 17938 survives well without any significant loss in amount but *L. plantarum* and *L. GG* decrease drastically in acidic environment.



## **BioGaia probiotics is SAFE for long term use**

- *L. reuteri* DSM 17938 is derived from *L. reuteri* ATCC 55730.
- By removing two plasmids carrying resistant genes, the new daughter strain *L. reuteri* 17938 genes is potentially FREE from transferable resistant genes.



A probiotic that can transfer its resistance to other pathogens can pose serious health risk.

*All this means is that BioGaia is well researched to ensure it is safe for long term consumption and that it does not interfere with any antibiotic use.*

*“Be careful with Multi Strains. There was a significant cross inhibition of growth amongst the strains, suggesting that together they will be less effective than a single strain”*

*FrancaVilla Ruggiero MD, PHD*

# The benefits of BioGaia *L. reuteri* DSM 17938

## **Reduces abdominal pain in children**

Functional abdominal pain (FAP) is a frequent condition afflicting 10 to 20% of children usually at age 4 to 7 when they start school and then again 8 to 12 years old.



*L. reuteri DSM 17938 is the only probiotics that is safe, non-medical option with no side-effects for children with FAP. It is important to reduce pain so that the child can return to a normal life and functioning.*

*Ref: Prof Weizman*



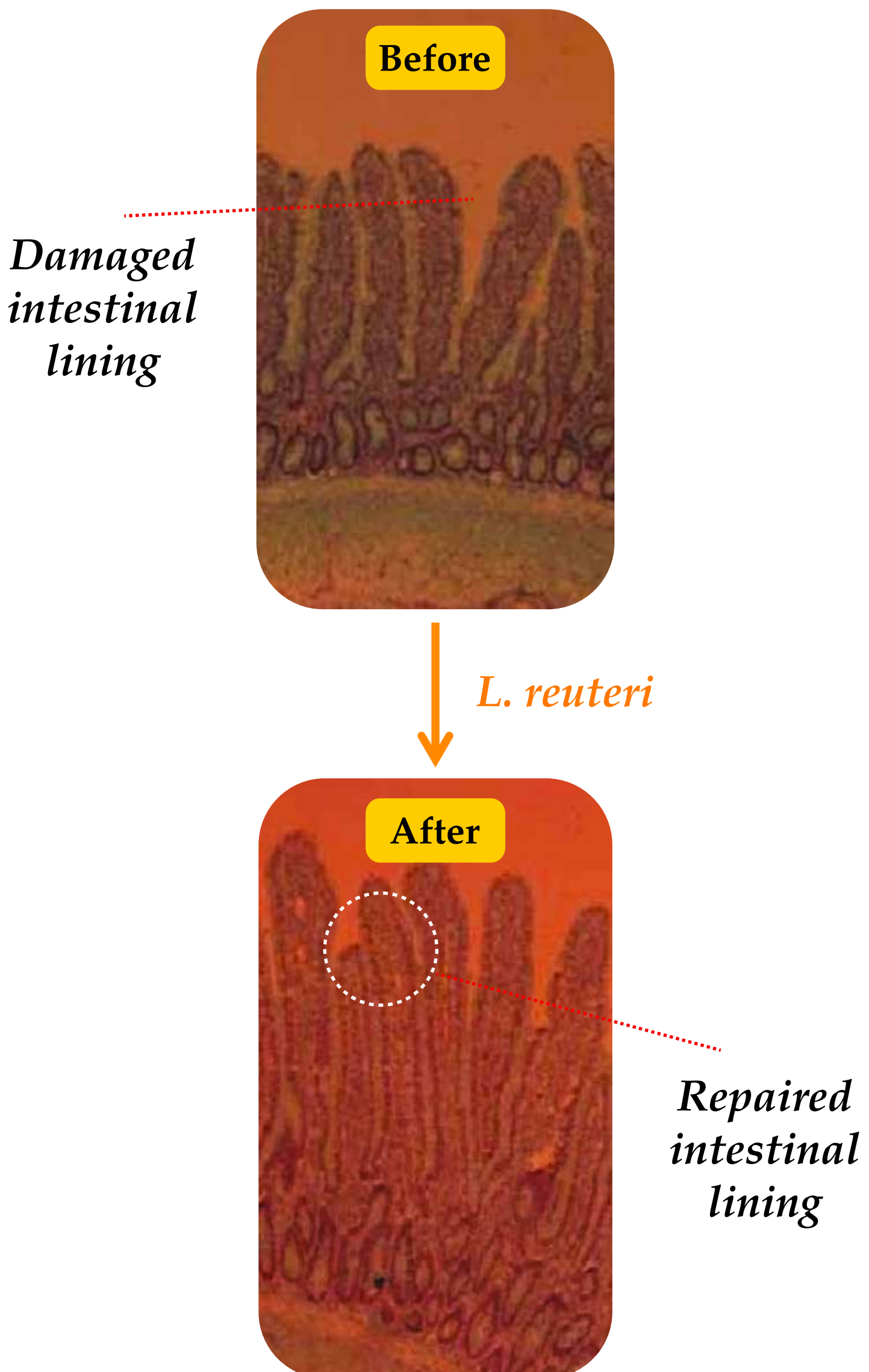
# Effective in constipated adults

- Women and elderly are more prevalent to functional constipation.
- Patients with functional constipation suffer from lower quality of life apart from illness.
- Current laxative treatment such as *lactulose, senna, dulcolax, fybrogel* have short and long-term side-effects.

*BioGaia L. reuteri DSM 17938 - clinical studies proven to improve bowel movement and faecal consistency.*

*Ref: Prof. Veronica Ojetti*

# BioGaia probiotics safeguard the immune system



## ***L. reuteri* DSM 17938 tightens the mucosa**

BioGaia *L. reuteri* DSM 17938 improves the barrier function of the gut by tightening the intestinal lining and increasing intestinal cell growth.

This means faster replacement of wounded intestinal cells and decrease gut permeability (leaky gut) probably explaining the faster recovery from pathogen infections.

*L. reuteri* DSM 17938 also activate antibody T- helper cells to boost our immune system and provide overall infection protection.

*Ref: Casas I & Dobrogosz W (2000)*



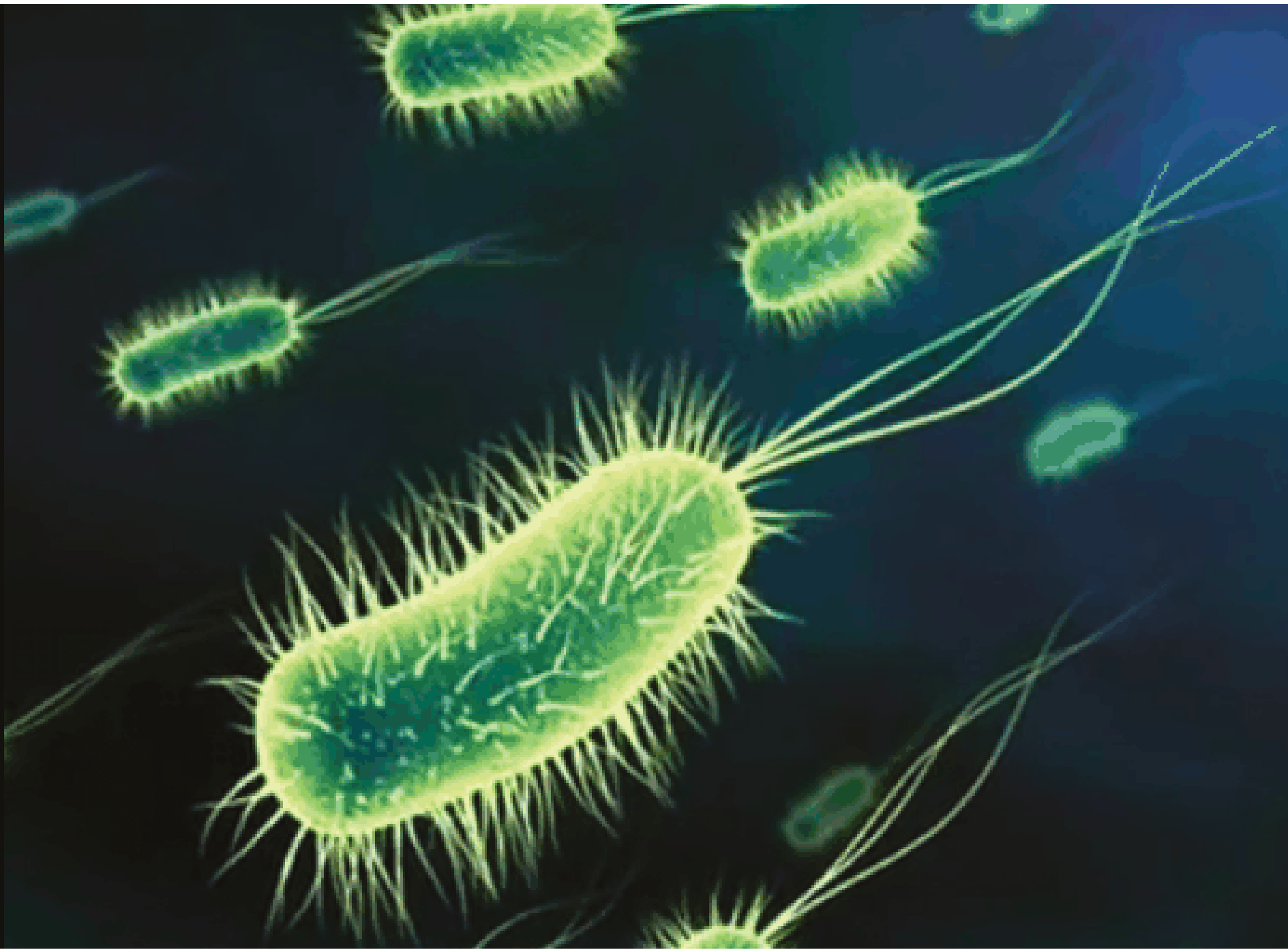
# Antibiotics-associated side effects

Antibiotic is a prescribed drug that can suppress the growth of pathogen inside our body but it would also kill some of the normal microflora inside our body. Therefore, people having antibiotics would sometimes have side effects like abdominal and gastric pain, and diarrhea.

*L. reuteri* DSM 17938 significantly reduced the incidence and severity of the treatment side effects, diarrhea and nausea. *L. reuteri* DSM 17938 reduce risk of antibiotic resistance which is now a global concern.

It inhibits pathogens like Candidas, Salmonella, Shigella, Klebsiella, E. Coli, Staphylococcus and Cryptosporidium.

*Note: Take 2 tablets 2 hours after antibiotics*



## **Gastritis and H. Pylori infection**

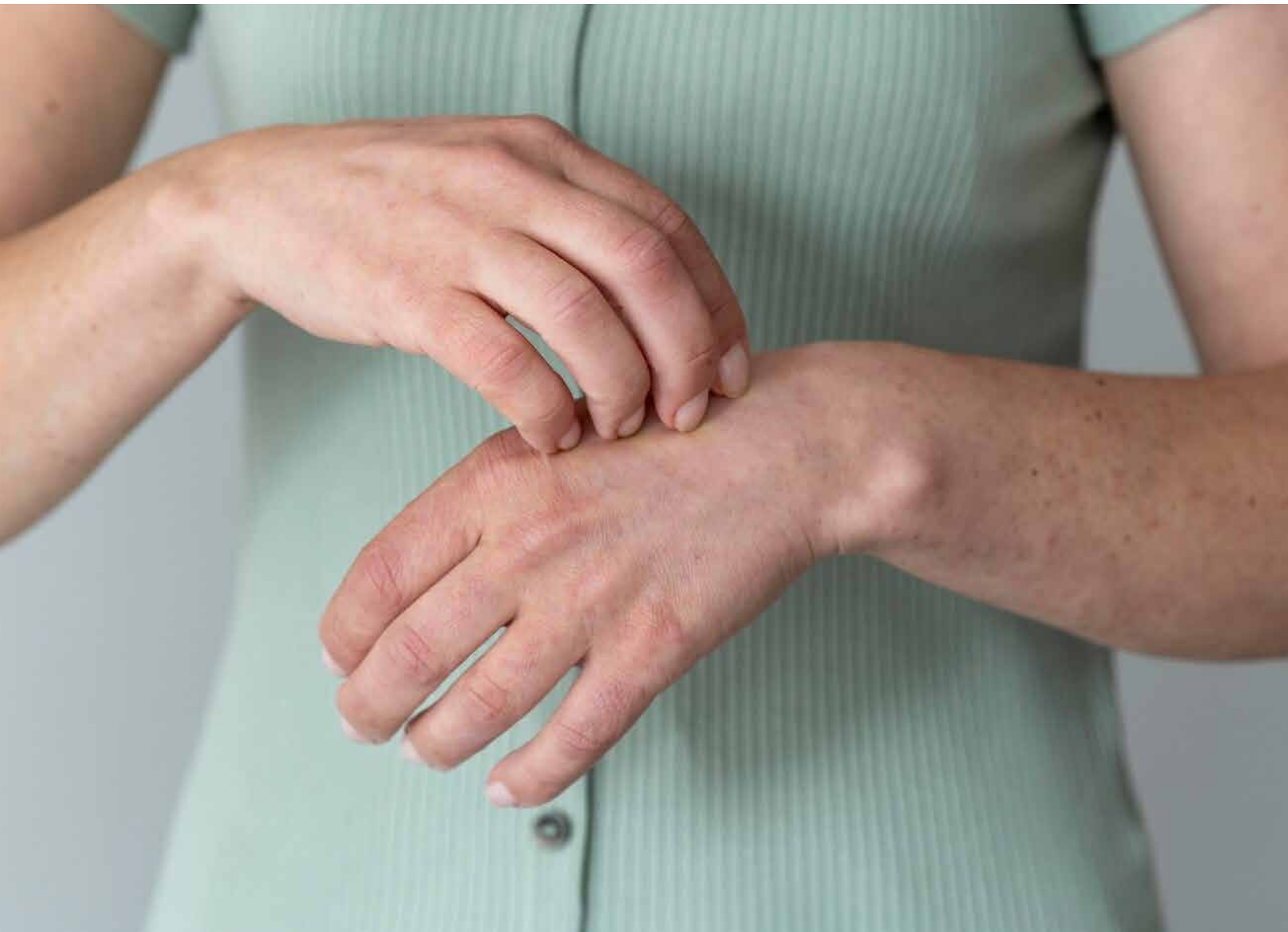
- At least half of the world's population is infected by Helicobacter Pylori.
- Left untreated it causes inflammation and gastritis. It is also associated with gastric, peptic ulcer and gastric cancer.

*L. reuteri* DSM 17938 reduced H. Pylori infection load

- Viral load - 30% decrease in Urea Breath Test (UBT)
- Suppressed infection in patients after four weeks - 25% lower bacterial load in stools and 16% lower in stomach.
- Reduced side effects of eradication therapy of H. Pylori by 45 %  
Abdominal pain: reduce by 25%  
Constipation: reduce by 45%  
Gastric pain: reduce by 45%

*L. reuteri* DSM 17938 can be used to suppress H. Pylori colonization by producing unique disinfectant, Reuterin, as well as to relieve symptoms like abdominal distress.





## **Atopic eczema**

Most allergies can be linked to immunoprotein IgE reaction inside our body and the immune.

**As 80% of our immunity is from gastrointestinal tract, maintaining a healthy tract can strengthen our immunity.**



## **Increase anti-inflammatory factors in milk and enhance babies' immunity**

Breast milk provides many nutrients and anti-inflammatory factors to babies.

After consuming breast milk, their immunity is improved, and they would have less chance to have allergic reactions in the future.

In a study over 50 mothers consuming BioGaia before lactation or during pregnancy, they would have more anti-inflammatory factors found in the milk, and their babies would have fewer chances to have food allergic reactions as well.

**It is found that all the babies have their immunity improved.**

One tablet a day is recommended for pregnant mothers and lactating moms.

*Ref: Abrahamsson TR (2008)*



# Probiotic Drops

**The only probiotics with scientific evidence in infantile colic.**

- Infantile colic
- Management of regurgitation
- Constipation
- Functional abdominal pain
- Acute gastrointestinal health
- Management of antibiotic associated side-effects

BioGaia is also available in liquid drops for infants 0 to 3 years.

Approved by MOH  
MAL06091463XC



Prescribed in 100 countries worldwide by child specialists.

Available in clinics, hospitals, and participating pharmacies nationwide.  
Consult your doctor.

# BioGaia®

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Driven by science



## pharmaAce

Distributor for Malaysia and Brunei

**Pharma Ace Sdn Bhd**

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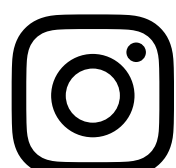
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**BioGaia Malaysia**