

# Sabular® Sachet

Lyophilized *Saccharomyces boulardii*  
5x10<sup>9</sup> CFU / Sachet



- Acute Gastroenteritis
- Antibiotic Associated Diarrhea
- *C. difficile* Associated Diarrhea
- *H.pylori* Coadjuvant therapy

25°C • No Need to be Refrigerated

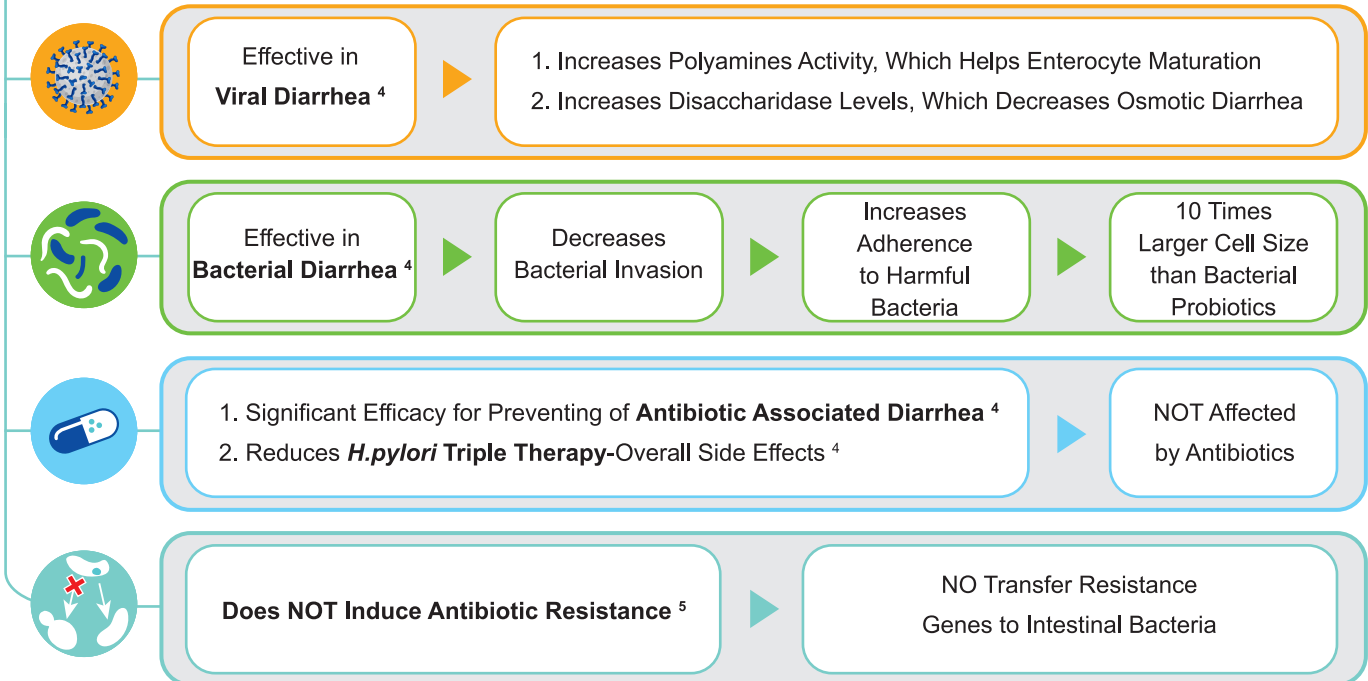
• No Interaction with Antibiotics

• Resistant to Gastric Acid and Bile Compounds

• Grows Optimally at 37°C (Physiological Temperature)

Global Guidelines <sup>1, 2, 3</sup>	Pediatric Disorder Action	Probiotic Strain	Recommended Dose
  	Treatment of acute gastroenteritis	<i>Saccharomyces boulardii</i>	1-3 Sachets / day
	Prevention of antibiotic-associated diarrhea	<i>Saccharomyces boulardii</i>	1-2 Sachets / day
	Prevention of <i>C. difficile</i> -associated diarrhea	<i>Saccharomyces boulardii</i>	1-2 Sachets / day
	Increasing eradication of <i>H.pylori</i> and reducing risk of side effects	<i>Saccharomyces boulardii</i>	2 Sachets / day

## The Most Researched Probiotic in the World



# Sabular® Capsule

Lyophilized *Saccharomyces boulardii*  
5x10<sup>9</sup> CFU / Capsule



- Acute Gastroenteritis
- *H.pylori* Coadjuvant therapy
- Antibiotic Associated Diarrhea
- *C. difficile* Associated Diarrhea

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• No Interaction with Antibiotics

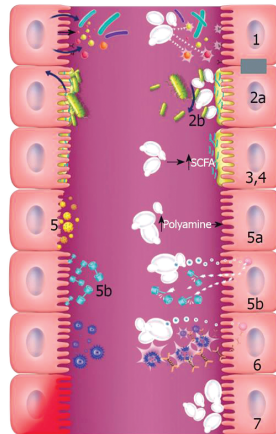
• Resistant to Gastric Acid and Bile Compounds

• Grows Optimally at 37°C (Physiological Temperature)

Global Guidelines <sup>1</sup>	Adults Disorder Action	Probiotic Strain	Recommended Dose
	Treatment of acute diarrhea in adults	<i>Saccharomyces boulardii</i>	2 Capsules / day
	Coadjuvant therapy for <i>H.pylori</i> eradication	<i>Saccharomyces boulardii</i>	2 Capsules / day
	Antibiotic-associated diarrhea	<i>Saccharomyces boulardii</i>	2 Capsules / day
	Prevention of <i>Clostridium difficile</i> –associated diarrhea (or prevention of recurrence)	<i>Saccharomyces boulardii</i>	2 Capsules / day

## Schematic of intestinal tract, illustrating the different potential mechanisms of action of *Saccharomyces boulardii*<sup>4</sup>

- Toxins increase water secretion
- Bacteria destroy tight junction, invade mucosa
- Intestinal flora depleted by antibiotics
- Viral infection destroys mature enterocytes
- Decrease in disaccharidase causes osmotic diarrhea
- Decrease in IgA
- Inflammation



Schematic of intestinal tract

- Luminal action
  - 1 Anti toxicin effect against
    - (a) *C. difficile* toxins A and B (54 kDa protease)
    - (b) Cholera toxin (120 kDa protein)
    - (c) *E.coli* LPS (63 kDa protein phosphatase)
  - 2 Antimicrobial activity
    - (a) Preservation of tight junctions
    - (b) Bacteria adhere to Sb, Sb decreases invasion
  - 3 Modulation of intestinal flora
  - 4 Metabolic activity: Sb increases short chain fatty acids, favors normal colonic function
- Trophic action
  - 5 Enzymatic activity
    - (a) Polyamines favor enterocyte maturation
    - (b) Increased disaccharidase levels-beneficial in viral diarrhea
  - 6 Increased sIgA levels increases immune defense in the gut
- Mucosal action-antiinflammatory effect
  - 7 Acts on the cellular signals and decreases synthesis of inflammatory cytokines

### Side effects

- Sabular® may cause bloating and flatulence. If these adverse effects persist or get worse, consult with your healthcare practitioner. A severe allergic reaction with this product is rare, but if you experience itching, swelling, severe dizziness and respiratory problems, consult with your healthcare practitioner immediately.

### Warnings and Cautions

- If you have any of the following problems, consult with your healthcare practitioner before using Sabular®:
  - Severe diarrhea (with fever, bloody stool and dysentery) more than two days, weakened immune system (because of chemotherapy, radiotherapy and HIV), and severe and recurrent urogenital infections.
- Discontinue usage and consult with your healthcare practitioner if your current symptoms persist or get worse more than three days.

### Interaction with other medications and food

- Oral anti-fungal medications like ketoconazole, fluconazole, nistatin, griseofulvin can diminish effects of Sabular®. It is not recommended to use Sabular® with this type of medications.
- Sabular® has no interactions with food.

### Pregnancy and Lactation

- Safety of Sabular® has not been approved during pregnancy and lactation So do not use during these periods.

### Storage condition

- Store at room temperature (below 25°C). Protect from sunlight and moisture.

### References

1. Probiotics and prebiotics, World Gastroenterology Organization Global Guidelines. February 2017.
2. ESPGHAN, ESPID Guidelines for the management of acute gastroenteritis in children. JPGN 2014;59:132-152.
3. Probiotics for the prevention of AAD in children. JPGN 2016;62: 495-506.
4. Lynne V McFarland. Systematic review and meta-analysis of *Saccharomyces boulardii* in adult patients. World J Gastroenterol 2010 May 14; 16(18): 2202-2222.
5. Review article: D.Czerucka, et al. yeast as probiotics – *Saccharomyces boulardii*, Alimentary Pharmacology & Therapeutics 2007; 26: 767-778.