

RESPIRATORY IMMUNITY PROBIOTIC

Lactobacillus acidophilus NCFM® and
Bifidobacterium lactis Bi-07®



RespiStrong™

रेस्पिस्ट्रॉंग



Centaur

Make the child RespiStrong

Ingredients:

Each 750 mg sachet contains total 10 billion CFU of
Lactobacillus acidophilus NCFM®
Bifidobacterium lactis Bi-07®
Mannitol (INS 421) & Maltodextrin.
**CONTAINS PERMITTED NATURAL
VANILLA - ORANGE FLAVOUR.**

Nutritional Information - per serving of 750 mg sachet contains:		
Nutrients	Unit	per 750 mg
Energy	kcal	1.856
Carbohydrate	gm	0.626
Sugar	gm	0.00
Protein	gm	0.050
Fat	gm	0.008

Q. What is Respistrong?

Respistrong contains Bifidobacterium lactis and Lactobacillus acidophilus. Both are probiotics/good bacteria which help in boosting immunity against respiratory tract infections (RTI) and allergic rhinitis (AR).

Q. How does Respistrong work?

Use of probiotics early in life could favour correct maturation of the immune system and reduce development of allergy.

- Respistrong is administered orally and absorbed in the intestine, triggering Payer's patches in lymphoid tissue which are responsible for bacteria recognition.
- This results in the activation of various cells of immune system like dendritic cells, macrophages, NK cells with cytokines and chemokines production, activation of phagocytosis and early pathogens destruction which provides protective effect and specific immune response after future contact with the same antigen.
- The above effects boost respiratory immunity by stimulating innate and acquired immune response and helps protect your child from further episodes of RTI and allergic rhinitis.

Q. What are probiotics and prebiotics?

Probiotics are live microorganisms which when administered in adequate amounts provide a health benefit on the host.

Prebiotic is mostly a carbohydrate like inulin that is nearly or wholly indigestible and that when consumed promotes the growth of beneficial bacteria in the digestive tract. Prebiotics are naturally found in certain fruits, vegetables, and herbs, including asparagus, bananas, garlic, and onions.

Q. What is recurrent respiratory tract infection and allergic rhinitis?

Common symptoms of respiratory tract infections include fever, cough, runny nose, nasal congestion, malaise, shortness of breath etc.

When such episode of respiratory tract infection occurs frequently, it is known as recurrent respiratory tract infections.

For your child to be diagnosed with RRTI, at least one of the following criteria has to be present:

- ≥ 6 respiratory infections per annum
- ≥ 1 respiratory infection per month involving the upper airways from September to April
- ≥ 3 respiratory infections per annum involving the lower airways

Allergic rhinitis occurs when body's immune system overreacts to allergen like pollen grains or hay in the air. It leads to inflammation in the nose. Signs and symptoms include a runny or stuffy nose, sneezing, red, itchy, and watery eyes, and swelling around the eyes.

Q. When to take Respistrong?

Respistrong can be taken if your child is suffering from recurrent episodes of RTI, common cold or has allergic rhinitis.

Q. How to take Respistrong?

One sachet of Respistrong has to be taken orally once daily. It can be taken directly or by dissolving the contents of one sachet in water or milk below 25 degree Celsius.

Q. How long my child needs to continue Respistrong?

Respistrong is to be taken as long as directed by health care professional.

Q. What are benefits of Respistrong?

There are numerous studies which demonstrated that probiotics stimulate the innate and acquired immune response. The clinical trial on Respistrong has shown following benefits:

- Decrease in duration of symptoms of RTI by 46.2%
- Decrease in use of antibiotics during RTI episodes by 84.3%
- Decrease in incidence of fever, cough and rhinorrhoea during RTI episodes by 72.7%, 62.1% and 58.9% respectively
- Decrease in school absenteeism in children due to RTI episodes by 27.7%

Q. What are side effects of Respistrong?

Side effects are very rare and insignificant. If they occur, may include unpleasant digestive symptoms like gas and bloating.

Q. Will my child have relapse of RTI or RTI with more severity after stopping Respistrong?

No, Respistrong will not lead to relapse or more severe disease if stopped after completion of therapy.

Q. How much time it will take for improvement in symptoms?

There is boosting of respiratory immunity with the first dose itself. But improvement in symptoms would take usually 3 months of therapy with Respistrong. The clinical trial of Respistrong has shown benefits after 6 months of regular usage.

Q. Can Respistrong replace antibiotics and cold/allergy medicines during acute episode of RTI?

Respistrong reduces the duration and number of episodes of RTI. Severe illness will require use of antibiotics or allergy medicines.

Q. What are the precautions to be taken while using Respistrong?

No special precautions are required while using Respistrong. Only if your child is hypersensitive to any of the contents of the sachet, do not use Respistrong and inform the health care professional.

Q. Will the probiotic/bacteria in Respistrong harm my child or cause any type of disease?

No, these are good bacteria which will not harm your child.

Q. Can my child continue using Respistrong during acute episode of RTI?

Yes, it can be safely used during acute episode of RTI.

Q. Can my child use Respistrong in hepatic/kidney impairment or diarrhoea/vomiting?

Yes. Till now no such contraindication has been reported.

Q. Will my child be free from allergy symptoms in the presence of allergy causing substance after taking Respistrong?

Respistrong helps boost your respiratory immunity and reduces symptoms of allergy. So on exposure to allergy causing substance, your child will either be free of or will have reduced symptoms of allergy.

Q. Is Respistrong available in other countries?

Yes, the combination of probiotic strains in Respistrong is available in USA, China, Singapore, Australia etc under different brand names.

Directions for use: Take one sachet daily orally either directly or with milk/water below 25 degree Celsius.

Storage: Store below 25°C. Do not freeze. Protect from moisture and direct sunlight. Keep out of reach of children.

Packing: Each box of Respistrong contains 10 sachets.

Manufactured By: **Mystical Biotech Pvt. Ltd.**
19-B, KIADB Industrial area, Hosakote Taluk, Bangalore,
Bangalore Rural (Karnataka) - 562 114.
Fssai Lic. No.: 10018043002240

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Marketed by:

CENTAUR PHARMACEUTICALS PVT. LTD.

Regd. Off.: Centaur House, CTS. No. 4090,
Shanti Nagar Ind. Estate, Vakola, Santacruz (E),
Mumbai - 400 055, India.

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For Feedback/Queries contact: Product Manager,
CENTAUR PHARMACEUTICALS PVT. LTD.
Centaur House, CTS. No. 4090,
Shanti Nagar Ind. Estate, Vakola, Santacruz (E),
Mumbai - 400 055, INDIA.
Email: customercare@centaurpharm.com
Phone: +91 (022) 6849 9100

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