

Lacticaseibacillus rhamnosus GG and

Bifidobacterium lactis BI-04 Powder

RespiStrong®

ADULT

Each sachet (1 g) contains		% RDA#
<i>Lacticaseibacillus rhamnosus</i> GG	6 Billion CFU*	—
<i>Bifidobacterium lactis</i> BI-04		
CONTAINS PERMITTED NATURAL IDENTICAL VANILLA FLAVOUR		

*Appropriate overages added to compensate the loss during storage.

Ingredients: Xylitol (INS 967), Sorbitol (INS 420(I)), Dextrin (INS 1400), *Lacticaseibacillus rhamnosus* GG, Silicon dioxide (INS 551), *Bifidobacterium lactis* BI-04, Vanilla flavour.

Nutritional Information (Approximate values) Each serving 1 sachet (1.0 g) contains		% RDA#
Energy (Kcal)	3.769	0.19%
Protein (g)	0.019	0.04%
Carbohydrate (g)	0.921	--
Total Fat (g)	0.001	0.001%
Total Sugar (g)	0.002	0.004%
Sodium (mg)	0.31	0.02%

% RDA calculated based on ICMR NIN RDA 2020 recommendation for Adult.

- % RDA value not established

Q. What is RespiStrong® Adult sachet?

RespiStrong® Adult sachet contains *Lacticaseibacillus rhamnosus* GG and *Bifidobacterium lactis*- BI-04 (6 billion CFU). Both are Probiotics /good bacteria which help in boosting Immunity defence for overall health and wellness. It helps to maintain a healthy respiratory function with significant benefit to Respiratory tract illness and Allergic rhinitis.

Q. How does RespiStrong® Adult sachet act?

- RespiStrong® Adult sachet 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 the patient from recurrent episodes of upper respiratory tract illness

Q. What are probiotics?

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

Q. What are respiratory tract infections 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.

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® Adult sachet?

RespiStrong® Adult sachet can be taken as respiratory immunostimulant and if the patient is suffering from respiratory tract infection and allergic rhinitis.

Q. How to take RespiStrong® Adult sachet?

1 or 2 sachets of RespiStrong® Adult must be taken orally daily, directly or can be consumed after mixing with lukewarm water or milk.

Do not add to hot milk, water or food.

There is boosting of respiratory immunity with the first dose itself. But improvement in symptoms would take usually one month of minimum therapy.

Q. How long one needs to continue RespiStrong® Adult sachet?

RespiStrong® Adult sachet is to be taken as long as directed by physician.

Q. What are benefits of RespiStrong® Adult sachet?

There are numerous studies which demonstrated that probiotics stimulate the innate and acquired immune response. The clinical trial on *Lactocaseibacillus rhamnosus* GG and *Bifidobacterium lactis*- BI-04 has shown following benefits:

- The median duration of URI (upper respiratory tract infection) was significantly shorter by 2 days.

- Median severity score was significantly lower by 34 % with probiotics v. placebo (P<0.001), indicating a higher health-related quality of life (HRQL) during URI.

The clinical trial on *Bifidobacterium lactis* BI-04 stated that the risk of an upper respiratory illness episode was significantly lower. There was a 0.7-month delay in the median time to an illness episode in the BI-04.

Q. What are side effects of RespiStrong® Adult sachet?

Generally probiotic containing products are considered as safe for the consumption. Some users may experience minor bloating, gas or intestinal gurgling when first taking RespiStrong® Adult sachet. With continuous use, these symptoms should subside. Consult your physician if these symptoms persist.

Q. Will the patient have relapse of respiratory tract infection or respiratory tract infection with more severity after stopping RespiStrong® Adult sachet?

No, RespiStrong® Adult sachet will not lead to relapse or more severe disease if stopped after completion of therapy.

Q. Can RespiStrong® Adult sachet replace antibiotics and cold/allergy medicines during acute episode of RTI (Respiratory tract infection)?

RespiStrong® Adult sachet 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® Adult sachet?

RespiStrong® Adult sachet should not be used if you are allergic/hypersensitive to any of the ingredients present in the product. In individuals with immunocompromised status, caution must be taken.

Q. Will the probiotic/bacteria in RespiStrong® Adult sachet harm or cause any type of disease?

Lactacaseibacillus rhamnosus GG and *Bifidobacterium lactis* BI-04 and present in RespiStrong® Adult sachet are probiotic (good bacteria) which is clinically proven to support overall health and does not cause any harm or disease.

Q. Can the patient continue using RespiStrong® Adult sachet during acute episode of RTI?

Yes, it can be safely used during acute episode of RTI. If antibiotic is used for the treatment of RTI a minimum gap of 4 hrs has to be kept in between administration of antibiotic and RespiStrong® Adult sachet.

Q. Can the patient use RespiStrong® Adult sachet in hepatic/renal impairment or diarrhoea/vomiting?

The safety of RespiStrong® Adult sachet ingredients in special population (like liver or kidney impairment) is not established. So, it is advised to consult your healthcare

physician before starting RespiStrong® Adult sachet if you are suffering from renal or hepatic impairment.

Q. Will the patient be free from allergy symptoms in the presence of allergy causing substance after taking RespiStrong® Adult sachet?

RespiStrong® Adult sachet helps boost your respiratory immunity and reduces symptoms of allergy.

So, on exposure to allergy causing substance, the patient will either be free of or will have reduced symptoms of allergy.

Directions for use: Take 1 or 2 sachet daily after meal or as recommended by healthcare professional.

Storage: Store below 25°C protected from moisture and direct sunlight.

Packing: Each box of RespiStrong® Adult sachet contains 1g x 10 Sachets.

Manufactured in India by:

Sunberg Lifesciences Pvt. Ltd.

No. C75, C76 & C77, 15th cross,

PIPDIC Industrial estate, Mettupalayam,

Puducherry- 605 009, India.

Manufacturing License number: 10019045000159

Marketed by:

CENTAUR PHARMACEUTICALS PVT. LTD.

Centaur House, CTS. No. 4090,

Shanti Nagar Ind. Estate, Vakola,

Santacruz (E), Mumbai - 400 055, INDIA.

Email: customercare@centaurlab.com,

Phone: +91 (022) 6649 9100