Enterolife® 5

Capsules

एन्टेरोलाईफ ५

Health Supplement

Composition

LABEL CLAIM PER CAPSULE			% RDA (sedentary work women	% RDA (sedentary work men
SACCHAROMYCES BOULARDII	CFU	1 BILLION	**	**
LACTOBACILLUS ACIDOPHILUS	CFU	1 BILLION	**	**
LACTOBACILLUS RHAMNOSUS	CFU	1 BILLION	**	**
BIFIDOBACTERIUM LONGUM	CFU	1 BILLION	**	**
BIFIDOBACTERIUM LACTIS	CFU	1 BILLION	**	**
ZINC (ZINC GLUCONATE)	mg	5.0000	37.87	29.41
† % RDA calculated as per ICMR-NIN, 2020 for sedentary men and sedentary women.				
# % RDA established based on Labelling and Display Guidelines, 2020				
** RDA Values not Established				

Nutritional Information approx. value per serving				
Nutrients	**Unit**	**Quantity/ 100 g**	**Quantity/ Serving (0.313 g)**	**% RDA/ Serving**
Energy#	kcal	364.40	1.14	0.06
Protein†	g	9.30	0.03	0.07
Carbohydrate	g	80.45	0.25	**
Total Sugars	g	0.00	0.00	**
Total Fat#	g	0.60	0.002	0.003
Sodium#	mg	0.00	0.00	0.00

Q. What is Enterolife -5 Capsules

Enterolife 5 capsules is a probiotic-based product that containing five beneficial bacteria/yeast microorganisms- *Saccharomyces boulardii, Lactobacillus acidophillus, Lactobacillus rhamnosus, Bifidobacterium longum, Bifidobacterium lactis* – along with zinc gluconate. It is formulated to support gastrointestinal health and help maintain a healthy balance of intestinal microorganisms.

Probiotic Strains and their functions:

***Saccharomyces boulardii*:** A probiotic yeast that helps enzymatic enterotoxin neutralization, competitive pathogen displacement, and mucosal protection.

***Lactobacillus acidophilus*:** A probiotic bacterium that produces lactic acid and helps in pathogen growth suppression.

***Lactobacillus rhamnosus*:** A probiotic bacterium that helps in enteropathogenic exclusion, bacteriocin secretion, and IgA production.

***Bifidobacterium longum*:** A probiotic bacterium that produces short-chain fatty acid (SCFAs), supporting barrier integrity and immune homeostasis.

***Bifidobacterium lactis*:** A probiotic bacterium that supports epithelial barrier integrity and modulates host immune response.

Zinc gluconate: Zinc supports intestinal mucosal integrity, immune function, and fluid-electrolyte balance, which may help support recovery from diarrhea.

Q. What is diarrhoea?

According to World Health Organization (WHO), Diarrhoea is defined as the passage of 3 or more loose or liquid stools per day (or more frequent passage than is normal for the individual).

Antibiotic associated diarrhoea (AAD) is defined as diarrhoea associated with antibiotic exposure either while on antibiotics, or for up to 8 weeks after antibiotic discontinuation.

Antibiotics disrupt the gut microbiome by eliminating susceptible pathogenic as well as beneficial bacteria, thereby reducing microbial diversity and altering the normal composition of intestinal microorganisms. This dysbiosis can impair colonization resistance and promote the proliferation of opportunistic pathogens, contributing to antibiotic-associated diarrhoea (AAD).

Q. What are probiotics?

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

Q. How does Enterolife 5 capsule act?

Enterolife 5 capsules contain combination of five probiotic strain along with zinc gluconate that help support gastrointestinal health in adults due to following mechanism of actions:

- Aids to improve intestinal health by competitive exclusion of pathogen binding.

- It produces anti-microbial substances which inhibit pathogens growth.

- It promotes epithelial barrier function by enhancing mucus production and increasing the expression of tight junction proteins which prevents the translocation of pathogens from intestine into the blood.

- It regulates immunity of the host by modulating maturation and function of dendritic cells subsequently increasing the activity of T cells which play important role in immune homeostasis.

Zinc gluconate:

Zinc gluconate supports intestinal barrier integrity, fluid-electrolyte transport, and immune function, thereby contributing to restoration of intestinal homeostasis during diarrhoea.

Q. Who should take Enterolife 5 capsules?

Enterolife 5 capsules can be used by adults with acute diarrhoea or patients on antibiotics.

Q. How to take Enterolife 5 capsules?

Enterolife 5 capsules should be taken as one capsule once daily orally along with drinking water.

Q. How long one needs to continue taking Enterolife 5 capsules?

Standard course: One capsule daily for 5 days.

Concurrent antibiotic therapy: Enterolife 5 capsules may be taken for the duration of antibiotic therapy and continued for up to 5 days after completion of the antibiotic course.

Q. Can Enterolife 5 capsule be taken along with antibiotics?

Yes. Enterolife 5 can be taken during antibiotic therapy. It is recommended to administer Enterolife 5 between two consecutive antibiotic doses, ensuring a minimum 2-hour interval between the antibiotic and Enterolife 5 capsules.

Q. What are side effects of Enterolife 5 capsules?

Generally probiotic containing products are considered as safe for the consumption. Some might experience Flatulence, Upset stomach and Bloating. These symptoms are usually temporary and subside as your body adjusts to the supplement. If side effects persist or worsen, it is advisable to consult your doctor.

Q. What precautions should be considered while using Enterolife 5 capsules?

Enterolife 5 capsules should not be used in case of hypersensitivity to any of the ingredients present in the product. In individuals with immunocompromised status, caution must be taken.

ALLERGEN INFORMATION: Processed in a facility where milk, soya, nuts and oats containing products are processed.

Warning: This product is not intended to treat, cure, mitigate, or prevent any specific disease, disorder or condition.

Not to be consumed, if allergic/hypersensitive to any of the ingredients present in the product. The product is for oral consumption only.

Not to exceed the recommended daily usage.

Keep out of reach of children.

Product is not to be used as a substitute for a varied diet.

Q. Will probiotic/bacteria in Enterolife 5 capsules harm or cause any type of disease?

The microorganism present in Enterolife 5 capsules is a probiotic (good bacteria) which is clinically proven to support overall health and does not cause any harm or disease.

Q. Are there any drug-drug interactions with Enterolife 5 capsules?

While there are no known interactions with medications or dietary supplements, Enterolife 5 should not be administered with antibiotic at the same time and gap of 2-4 hours is required between the dose of antibiotic.

Q. Can Enterolife 5 capsules be used during pregnancy, lactation or in the children?

Before taking Enterolife 5 capsules, pregnant, lactating mothers, children with medical conditions must consult with a health care provider.

Q. How to store Enterolife 5 capsules?

Store at temperature below 25^0C, Protect from direct sunlight and moisture.

Keep out of reach of children.

Manufactured by:

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