

Information For the Use
Fructooligosaccharide 200mg + L-Glutamine U.S.P. 100mg +
Bifidobacterium Bifidum 150 million + Bifidobacterium Longum 150 million +
Lactobacillus Acidophilus 300 million + Streptococcus Thermophilus 150 million

Tolltic Capsules

Fructooligosaccharide 200mg + L-Glutamine 100mg + Probiotic Blend Capsule Information

Generic Name:

Fructooligosaccharide, L-Glutamine, Probiotics (Bifidobacterium Bifidum, Bifidobacterium Longum, Lactobacillus Acidophilus, Streptococcus Thermophilus)

Strength:

- **Fructooligosaccharide: 200mg**
- **L-Glutamine: 100mg**
- **Probiotic Blend:**
 - **Bifidobacterium Bifidum: 150 million CFU**
 - **Bifidobacterium Longum: 150 million CFU**
 - **Lactobacillus Acidophilus: 300 million CFU**
 - **Streptococcus Thermophilus: 150 million CFU**

Form:

Capsule

Therapeutic Class:

Prebiotic, Probiotic, Amino Acid Supplement

Description

This combination capsule contains a blend of fructooligosaccharides (FOS), L-

glutamine, and a mixture of probiotics (Bifidobacterium Bifidum, Bifidobacterium Longum, Lactobacillus Acidophilus, and Streptococcus Thermophilus). It is designed to support gut health by promoting a healthy balance of intestinal microflora, improving digestive function, and aiding in immune system support. FOS serves as a prebiotic, feeding beneficial gut bacteria, while L-glutamine is an amino acid that supports intestinal cell repair.

Indications

The combination of ingredients in this product may be beneficial for:

- **Digestive Health:** Helps support overall gut health, promote regular bowel movements, and alleviate symptoms of indigestion or bloating.
- **Probiotic Support:** Supports the growth of beneficial bacteria in the gut and helps restore balance after antibiotic use or gastrointestinal disturbances.
- **Immune System Support:** Promotes a balanced gut microbiome, which plays a crucial role in maintaining a healthy immune system.
- **Gut Barrier Function:** L-Glutamine supports the integrity of the intestinal lining and helps protect against leaky gut syndrome, a condition that can lead to food allergies, inflammation, and other gastrointestinal issues.
- **Increased Nutrient Absorption:** Helps enhance the absorption of

nutrients from food by supporting gut health and function.

Dosage and Administration

- **Recommended Dose:**
 - **Adults:** Take 1 capsule daily with water or as directed by a healthcare professional.
 - **Children:** Use under the guidance of a healthcare provider, especially if they have special health concerns or dietary restrictions.

Note: The capsule may be taken with or without food, depending on personal preference. Follow the dosage recommendations as provided by your healthcare provider for the best results.

Contraindications

- **Hypersensitivity:** Known hypersensitivity or allergic reactions to any of the components of this supplement (e.g., fructooligosaccharides, L-glutamine, or any of the probiotic strains).
- **Severe Immunocompromised States:** Use with caution in individuals with severely weakened immune systems or those undergoing immunosuppressive therapy, as probiotic use may have a risk in certain immunocompromised individuals.
- **Gastrointestinal Conditions:** Consult a healthcare provider before use if you have any serious gastrointestinal issues such as Crohn's disease or severe intestinal inflammation.

Precautions

- **Pregnancy and Lactation:** This supplement should be used during pregnancy or breastfeeding only if the potential benefits outweigh the risks. Always consult a healthcare provider before starting any new supplement during pregnancy or breastfeeding.
 - **Lactose Intolerance:** Some probiotics may contain trace amounts of lactose. If you are lactose intolerant, check the label and consult a healthcare provider.
 - **Probiotic Sensitivity:** In rare cases, individuals may experience minor digestive upset (gas, bloating, mild discomfort) when first introducing probiotics into the diet. If these symptoms persist, consult a healthcare provider.
 - **Immunocompromised Individuals:** If you are on immunosuppressive therapy or suffer from immune system disorders, consult your healthcare provider before using this product.
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Side Effects

Common side effects may include:

- **Gas or bloating** (typically transient and may resolve as your body adjusts)
- **Mild abdominal discomfort**
- **Diarrhea or changes in stool consistency** (especially when first starting probiotics)
- **Allergic reactions (rare):** Rash, itching, or swelling, particularly if

sensitive to any component of the supplement.

Serious side effects are rare but may include:

- Severe allergic reactions (difficulty breathing, swelling of the face or throat, severe rash)
- Severe gastrointestinal symptoms (persistent diarrhea, intense abdominal pain)

If any serious side effects occur, stop use immediately and seek medical attention.

Drug Interactions

- **Antibiotics:** Taking this product along with antibiotics may reduce the effectiveness of probiotics. It's generally recommended to take probiotics a few hours apart from antibiotics.
- **Immunosuppressive Medications:** If you are taking medications that suppress the immune system, consult with your doctor before using this product, as the probiotic strains may have unpredictable effects in immunocompromised individuals.
- **Antidiabetic Medications:** There is no direct interaction, but if you have diabetes, the prebiotics (FOS) could affect blood sugar levels slightly, so monitor your blood sugar accordingly.

Storage Instructions

- Store in a cool, dry place at room temperature (15-30°C).

- Keep the bottle tightly closed when not in use.
- Keep out of reach of children.
- Avoid storing in places where the product could be exposed to excessive moisture or direct sunlight.

Additional Notes

- **Consistency is Key:** For best results, take this product consistently as directed. Probiotics and prebiotics may take some time to show full benefits, especially in individuals with significant digestive issues.
- **Consult a Healthcare Provider:** It's important to consult your healthcare provider before starting any new supplement, especially if you are pregnant, breastfeeding, or have an underlying health condition such as gastrointestinal diseases, diabetes, or immune system disorders.

By supporting healthy gut function, this combination of ingredients can help improve digestion, boost immunity, and enhance overall well-being.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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