

it's time for perfection

# Prazocap<sup>®</sup> Probiotic



*Streptococcus  
thermophilus*



*Bifidobacterium*



*Lactobacillus  
acidophilus*



*Lactobacillus  
bulgaricus*

- *Helps with digestive upsets (bloating, diarrhea...)*
- *Promote immune system health*



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- **Probiotics** are live microorganisms that, when administered in adequate amounts, confer a health benefit on the host.
- **Prazocap®** provides a high amount of four effective and well-studied probiotic strains of "good" bacteria: (Each capsule contains  $4 \times 10^8$  CFU)

Active ingredient	Amount per capsule
<i>Lactobacillus acidophilus</i>	32 mg
<i>Bifidobacterium</i>	14 mg
<i>Streptococcus thermophilus</i>	25 mg
<i>Lactobacillus bulgaricus</i>	7 mg

### — Mechanism of benefits

- Inhibition of the growth of pathogenic microorganisms in the gastrointestinal tract by competition for nutrients and competition for exclusion of pathogen binding
- Production of bioactive metabolites
- Reduction of luminal pH in the colon
- Modulation of the immune system

### — indications

- Help restore the balance of the gut microbiota
- Prevention and management of infectious diarrhea
- Support bowel function
- Inhibitory effects on *Helicobacter Pylori*
- Enhance the immune response

### — Dosing

- 1 to 2 capsules a day, after meals and 2-3 hours after the administration of antibiotics
- In traveler's diarrhea to be continued for 1-week

### — Adverse effects

Side effects of probiotics are usually minor and consist of self-limited gastrointestinal symptoms, such as gas, usually in severely ill or immunocompromised people.

### — Pregnancy and breastfeeding

It is generally considered safe for use during pregnancy and lactation, however, it's better to be used with a physician's advice

### — Warning and precautions

There are no contraindications for probiotics. In cases of heart disease, endocarditis, and immune system defects, it is best to take it with a physician's prescription.

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#### References

<https://ods.od.nih.gov/probiotics>  
<https://uptodate.com/probiotics-for-gastrointestinal-disease>  
<https://www.rxlist.com/probiotics>