



Benefits of probiotics

Probiotics are good bacteria that help crowd out the harmful bacteria in order to keep you healthy. This is important because more than 70% of your immune defences can be found in your digestive tract. *Optibac*[®] are the highest quality and most researched range of pre and probiotics. They are clinically proven to remain stable at room temperature and survive stomach acidity

Why would you take more than one?

You can take two OptiBac Probiotics products at the same. It is possible to 'mix and match' products within the OptiBac range. There are a few factors you may consider if doing so.

Saccharomyces boulardii in the product **For bowel calm** has a different mode of action to other probiotics, and can therefore be taken alongside any other product in the OptiBac range. Many people with conditions such as Candida, IBS or IBD take both **For daily wellbeing EXTRA Strength** and **For bowel calm** on a regular basis.



Many people have difficulty choosing between **For daily wellbeing** (primarily for overall health, in particular digestive health) and **For daily immunity** (made to support immunity). If you are having trouble deciding between the two; try 'mixing and matching' by taking one capsule of each product every day. This way, your body receives the antioxidants from **For daily immunity**, with extra probiotics & prebiotics from **For daily wellbeing**. Complete cover for both your immune and digestive system.

For a flat stomach and **For daily wellbeing** each contain 5 billion micro organisms per daily dose, both with added prebiotics, hence it is not necessary to take them at the same time. If you did buy these products together, we recommend starting with the seven-day intensive course of **For a flat stomach**, and then going on to **For daily wellbeing** for maintenance.

Can I over dose on Probiotics?

Taking too many probiotics, or 'overdosing' on good bacteria, is an extremely unlikely. The human gut is home to roughly 100 trillion bacteria, whereas Optibac probiotics contain between 2.5 to 40 billion micro organisms per dose (depending on the product)

Safety

It is not recommended to give probiotics to severely immunosuppressed patients, infants with short bowel syndrome (SBS), post cardiac surgery, patients with pancreatitis, patients in the Intensive Care Unit (ICU) or patients with blood in the stool unless under doctor's care

- ✓ Vegetarian
- ✓ No added sugar
- ✓ Gluten free
- ✓ Yeast free
- ✓ Free from artificial colours

- ✓ Probiotic
- ✓ Prebiotic
- ✓ Natural
- ✓ Digestion
- ✓ Immunity
- ✓ Energy

Feeling Bloated?



All too often, over indulgence on heavy, spicy and fatty food leaves us feeling heavy and bloated. Poor digestion is what causes waste gases and sluggish bowels, which in turn lead to bloating – the stomach feels uncomfortable, full and tight including a visibly rounded or bloated stomach. In Whelehans, we encounter many who suffer from a heavy or bloating feeling after eating, in some cases even after only eating very little. We have discovered that *OptiBac 'For a flat stomach'*[®] has been the solution for many people. This suggests that in many cases, these uncomfortable symptoms are simply caused by an imbalance in the natural microflora in the gut

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Why choose *Optibac*[®] - For a Flat Stomach[®]?

OptiBac 'For a flat stomach'[®] has been scientifically proven and confirmed by many of our regular customers in Whelehans Pharmacy to provide relief from bloating and give a noticeably flatter stomach. Topping up your system with probiotics will aid digestion reducing the production of waste gases. There are many probiotic ranges on the market but many of them have inadequate amount of live bacteria. When choosing a probiotic, it is important to choose a product that contains at least 10 million “probiotic bacteria” from the lactobacillus or bifidobacteria families per dose. This is why *OptiBac 'For a flat stomach'*[®] is so effective

Highly recommended!

In November 2011, the influential and respected Health Science Institute in the UK recommended *Optibac 'For a flat stomach'*[®] as a means of supporting your digestion and banishing bloating

A 7 day course of “*Optibac*[®] - For flat stomach[®]” costs €11.95 in Whelehans
Whelehans Pharmacy, 38 Pearse St Mullingar
Tel 04493 34591 Web www.whelehans.ie



Diarrhoea (Adults & Children)

Reducing urgency and frequency the natural way

Acute diarrhoea is usually caused by a viral infection or a bacterial infection. It usually clears up in a couple of days and is not serious. However it can be serious in babies and the frail and elderly because of the risk of dehydration. Common symptoms include crampy tummy pains, nausea or vomiting, fever, headache and loss of appetite. If the diarrhoea lasts more than two weeks (in an adult), it is considered chronic. If your child has diarrhoea for more than 5 days you should take them to GP.

Rehydration

Avoid dehydration by drinking lots of fluids. You are more likely to be dehydrated if you are also vomiting. Try to take small frequent sips of water or diluted fruit juices. It is especially important that babies and small children do not become dehydrated. Even if your child vomits, you should still give frequent sips of water. A small amount of fluid is better than none. If your child shows signs of dehydration (drowsiness, passing little urine, few or no wet nappies, a dry mouth and tongue, unresponsiveness, or glazed eyes) you should call your GP urgently. O.R.S. *Effervescent tablets* are convenient way of correcting the balance of water, salt, and sugar lost during diarrhoea. They are a lemon flavoured tablet that dissolves in water

Why choose 'Optibac® - For Bowel Calm'?

Probiotics have been shown to be beneficial in preventing and treating various forms of gastroenteritis. 'Opibac® for Bowel Calm' is a powerful natural relief for diarrhoea. It contains pure *Saccharomyces boulardii*; a natural and safe probiotic yeast. *S. boulardii* has undergone extensive clinical research demonstrating its ability to flush out pathogenic bacteria such as E. coli and Salmonella, in order to work against conditions such as diarrhoea. Unlike traditional OTC diarrhoea treatments like Imodium® and Arret® which are only "plugging" the problem without treating the actual cause, 'Opibac® for Bowel Calm' actually kills the infection that is causing the problem; hence it can quickly clear up diarrhoea.

Directions

'Optibac® for Bowel Calm' can be given to adults and children from 3 years old upwards:

- For **Diarrhoea**: take 1 to 4 capsules depending on severity of symptoms; take again in the event of further loose stools, and up to 6 capsules per day.
- For **Irritable Bowel Syndrome (IBS)**, take 1 capsule, twice a day. (daily dose: 2 capsules)
- For **Inflammatory Bowel Disease (IBD)** eg. Ulcerative Colitis, Diverticulitis, Crohn's Disease: take 1 capsule, three times a day (daily dose: 3 capsules)
- For **Clostridium difficile** infection, take 2 caps twice daily for 4 weeks (daily dose: 4 caps)
- Drink plenty of water with your probiotics course.
- For anyone unable to swallow capsules, capsule can be opened and contents mixed with a cold meal or beverage.

The 16 pack of "Optibac® - For Bowel Calm®" costs €8.12 in Whelehans.

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Constipation

Constipation describes infrequent bowel movement, often with hard, dry stool that is difficult to pass. It may be associated with bloating, straining and pain. It is caused by inadequate muscle contraction or over absorption of water. Constipation is thought to affect approximately 20 per cent of the population. It can be a symptom of many serious illnesses; although once these are ruled out its management can be quite straightforward, involving both dietary interventions and laxatives. Constipation increases with age. Females are twice as likely to develop constipation as males

Causes

The causes of constipation are often unknown, but it may also be due to a medical condition or a side effect of medication. A diet low in fibre and not drinking enough fluids commonly causes constipation. Lack of exercise is associated with constipation. Ignoring the urge to pass stool over a long period can result in chronic constipation. A sudden change in schedule such as travel may result in constipation. Constipation is common during pregnancy

Management

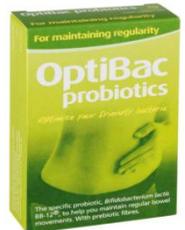
Dietary fibre together with adequate fluids together and regular exercise are the most effective approach to therapy. There are many treatments available over the counter or on prescription if constipation doesn't improve. More details information on prevention and treatment of constipation can be obtained in Whelehans Pharmacy or at www.whelehans.ie

How “Optibac[®] for Maintaining Regularity” can help?

Maintaining a healthy balance of good bacteria in your gut helps maintain daily bowel movements. “Optibac[®] for Maintaining Regularity” contains *Bifidobacterium lactis* BB-12[®] which is scientifically proven to maintain bowel movements. It contains Probiotics and Prebiotics such as fructooligosaccharides which are the food source for probiotics in the body and act as roughage in the bowels. “Optibac[®] for Maintaining Regularity” is appropriate for long-term use, can be taken by infants from 1 year and up and is gentle enough for pregnancy, breastfeeding mothers and the elderly

Benefits of probiotics

Probiotics are good bacteria that help crowd out the harmful bacteria in order to keep you healthy. This is important because more than 70% of your immune defences can be found in your digestive tract. Optibac[®] is the highest quality and most researched range of pre and probiotics. They are clinically proven to remain stable at room temperature and survive stomach acidity



'Optibac® for your Child's Health'

How will your child benefit from it?

What's it for?

It is a natural probiotic and prebiotic supplement in a sachet. It supports healthy digestion and immunity in infants and children

Who's it for?

For babies, infants & children from 6 months to 12 years old; also for pregnant women and breastfeeding mothers looking to support their child's health

Each sachet provides

3 billion live probiotic cultures and 0.75g of prebiotic fibres

Directions for babies, infants & children

From 6 months onwards, '*Optibac® for your Child's Health*' can support digestive health and immunity. Research shows that having good probiotic levels helps to support digestion, immunity and energy for infants and children, in particular:

- Formula-fed babies
- Babies, infants & children during and after antibiotics
- Infants delivered by Caesarean section
- Premature infants
- Babies & children with digestive issues Eg. Colic, diarrhoea, constipation, lactose intolerance
- Babies and children with allergies and skin irritations such as eczema

Children given antibiotics may develop an imbalance of good and bad bacteria in the intestines, as antibiotics deplete normal levels of probiotic bacteria. An imbalance in the gut can manifest in the form of allergies and digestive problems in children, such as diarrhoea or constipation. Supplementing your child's natural healthy bacteria can contribute to their overall health and wellbeing. Probiotics and prebiotics can support a healthy immune system in infants & children. A healthy balance of probiotics in the intestines is thought to provide specific enzymes needed in the digestion of particular substances, production of B complex vitamins and vitamin K, and improves the absorption of minerals and nutrients such as calcium, essential for young children

***'OptiBac For your Child's Health'* is a natural supplement, and is completely free from sugars, artificial flavours & colourings which can be found in other children's probiotics**

How to take?

- Infants from 6 to 12 months: one sachet per day
- Children 12 months and above: one to two sachets per day, as desired
- Pregnant and breast feeding mothers: one sachet per day

The 10 sachet pack of ***"OptiBac For your Child's Health"*** costs €7.88 in Whelehans.

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Tel 04493 34591 Web www.whelehans.ie





Prevent Antibiotic Side-Effects

“Optibac[®]- For those taking antibiotics[®]” contains 4 billion live probiotic cultures. It prevents antibiotic related side effects. It prevents distressing symptoms from antibiotics including nausea, cramps, bloatedness, diarrhoea and thrush by taking during and after the antibiotic course. Take two capsules daily with food, preferably breakfast, until antibiotics course is finished and preferably one week after. Take probiotics at least one hour after antibiotics. The 20 pack of *“Optibac[®]- For those taking antibiotics[®]”* costs €7.89 in Whelehans.

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Infectious Diarrhoea

Probiotics have been shown to be beneficial in preventing and treating various forms of gastroenteritis. *“Opibac[®] for Bowel Calm”* is a powerful natural relief for diarrhoea

Flatulence

Probiotics reduce persistent flatulence when caused by an imbalance of natural digestive bacteria. They do this by promoting natural fermentation in the intestines

Easing lactose intolerance

Probiotics may ease symptoms of lactose intolerance. Symptoms of lactose intolerance include diarrhoea, stomach cramps and flatulence. Probiotics help reduce lactose by converting it to lactic acid

Helicobacter Pylori (H. Pylori)

H. Pylori bacteria cause stomach ulcers. Probiotics prevent and help treat H. pylori

Irritable bowel Syndrome (IBS) and colitis

Probiotics have shown promising results in studies for the relief of IBS and colitis

Bloating

Topping up your system with probiotics will aid digestion reducing the production of waste gases. *“Optibac[®] For Flat Stomach”* can provide great relief from bloating

Constipation

Maintaining a healthy balance of good bacteria in your gut helps maintain daily bowel movements. *“Optibac[®] for Maintaining Regularity”* contains *Bifidobacterium lactis* BB-12[®] which has been scientifically proven to maintain bowel movements

Immune System

A 2010 study in the US found evidence that antibiotics reduce the immune system and that probiotics enhance the immune system



Optibac® - For Daily Wellbeing

A Daily Probiotic Supplement



Do you take a probiotic yogurt every day?

Have you ever considered a probiotic supplement instead? Probiotic yogurts often contain extremely high levels of sugar or artificial sweeteners. Taking a daily Optibac® supplement will give you the benefits of high quality probiotic strains at better value. What's more, you will only use one pack per month as opposed to 30, so you will be doing your bit for the environment.

What are Probiotics?

Probiotics are good bacteria that help crowd out the harmful bacteria. This is important because more than 70% of your immune defences can be found in your digestive tract. 'Optibac® For daily wellbeing' is an expert formula of 6 different probiotic species such as acidophilus, combined with prebiotics (food for the probiotics to flourish) to help maintain overall digestive health, immunity and energy levels on a daily basis.

Who's it for?

For anyone (4 years and over) seeking daily probiotic support. People with a severe imbalance of good and bad bacteria in intestines may include:

- Those on long term antibiotics
- Those who suffer from conditions such as IBS, or IBD (eg. Crohn's Disease)
- People with skin conditions such as eczema or acne
- People with busy lifestyles

'Optibac® For daily wellbeing'

This daily supplement promotes a healthy balance of friendly bacteria throughout the entire intestinal tract. It contains *acidophilus* and other probiotic bacteria along with the prebiotics have been selected for their specific clinically proven health benefits they convey in the different parts of the small and large intestine or colon.

Why would I choose the Extra Strength version?

The Extra Strength version contains 20 billion live probiotic microorganisms, guaranteed until expiry. It is the highest concentration probiotic on the market, at least 4 times higher than the closest equivalent. It would be difficult to find a more powerful immune system booster. If you have never used Optibac Extra Strength, we would recommend a month's trial; we have literally seen it change people's lives due to energy

- ✓ Vegetarian
- ✓ No added sugar
- ✓ Gluten free
- ✓ Yeast free
- ✓ Free from artificial colours

- ✓ Probiotic
- ✓ Prebiotic
- ✓ Natural
- ✓ Digestion
- ✓ Immunity
- ✓ Energy

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