



Vivomixx®

450 billion • Food supplement
DATA SHEET

DISPENSING
PACK

I. PRESENTATION

Vivomixx® is a food supplement containing a combination of **8 different strains** of live lactic acid bacteria and bifidobacteria. Each sachet of Vivomixx® provides a blend of at least **450 billion** lactic acid bacteria and bifidobacteria in a powder form.

2. INGREDIENTS

Each sachet of 4.4g contains: **450 billion live bacteria** (*Streptococcus thermophilus* DSM 24731®, *bifidobacteria* (*B. longum* DSM 24736®, *B. breve* DSM 24732®, *B. infantis* DSM 24737®), *lactobacilli* (*L. acidophilus* DSM 24735®, *L. plantarum* DSM 24730®, *L. paracasei* DSM 24733®, *L. delbrueckii subsp. bulgaricus* DSM 24734®)); maltose, anti-caking agent: silicon dioxide.

Scientific name	English name	Galenic Form	Function	Quantity per sachet of 4,4 g	%
<i>Streptococcus thermophilus</i> Bifidobacteria (<i>B. breve</i> , <i>B. longum</i> , <i>B. infantis</i>) Lactobacilli (<i>L. acidophilus</i> , <i>L. plantarum</i> , <i>L. paracasei</i> , <i>L. delbrueckii subsp.</i> <i>bulgaricus</i>)	450 billion lyophilized lactic acid bacteria and bifidobacteria of 8 different strains	Powder	Active Ingredient	2g	45,45
	Maltose	Powder	Filling agent	2,382 g	54,12
	Silicon dioxide E551	Powder	Regulators of acidity	0,018 g	0,43

3. FOOD SUPPLEMENT FORM

Vivomixx® is in a powder form to be administered orally. Contents of the sachet should be mixed with cold water or any cold non-fizzy drink or food and consume immediately.

The outer packaging contains 30 sachets with a total weight of 132g.

NUTRITIONAL INFORMATION

	per sachet
Energy value	16.24 Kcal
Energy value	68.99 kJ
Fat	0.02 g
of which saturated	0.00 g
Carbohydrates	3.39 g
of which sugars	2.60 g
Proteins	0.59 g
Salt	0.01 g

Gluten-free

**Compliance: Vivomixx is Gluten Free,
Kosher and Halal compliant**

4. CLINICAL PARTICULARS

4.1. Health indications

Vivomixx® is a food supplement containing 450 billion live lactic acid bacteria and bifidobacteria that help maintain the balance of the intestinal flora.

Vivomixx has ACBS approval for use under the supervision of a physician for the maintenance of antibiotic induced remission of ileoanal pouchitis in adults

4.2. Posology and method of administration for adults

Directions: Take 1 to 4 sachets daily.

Open the sachet and stir the contents into cold water or any cold non-fizzy drink or food and consume immediately. Do not take with hot foods or beverages.

Do not exceed the stated recommended daily dose.

Vivomixx® is safe and can be taken for as long as recommended by your healthcare practitioner.

4.3. Contra-indications

Keep out of reach of young children. Consult with your physician before use if you are taking medicines.

4.4. Special warnings and precautions for use

Special care should be taken for immunosuppressed patients and patients with short bowel syndrome.

Contains milk (a milk-based component is used in the fermentation process for one of the bacteria and trace amount may be found in the final product).

Gluten free.

4.5. Interaction with other food supplements and other forms of interactions

Vivomixx® is believed to be compatible with all types of drugs. If you take it with antibiotics, make sure to take it far apart from them.

4.6. Use during pregnancy and lactation

Pregnant or breastfeeding women should talk with their doctor or other healthcare professional before taking this or any other food supplement.

4.7. Effects on ability to drive and to use machines

Not applicable

4.8. Undesirable effects

Side effects: When you start taking Vivomixx®, you may experience bloating. This is natural physiological event as your digestive tract adjusts to the additional bacteria in Vivomixx®. If you experience bloating, you may reduce your daily intake to allow for this adjustment.

4.9. Overdose (symptoms, emergency procedures, antidotes)

None reported

5. PHARMACOLOGICAL PROPERTIES

Not applicable

6. FOOD SUPPLEMENT PARTICULARS

6.1. List of excipients/food additives

Maltose and silicon dioxide

6.2. Major incompatibilities

None

6.3. Shelf life

The product must be kept refrigerated and can be used until the best before date indicated on the packaging. If you do not use a full sachet, once open, close the sachet tightly and put back in the fridge until further use and in any case, no later than 24 hours from first opening.

6.4. Special precautions for storage

Vivomixx[®] should be stored in a refrigerator (2-8°C). If unopened and stored refrigerated, the product can be used until the “Best Before” date shown on the base of pack.

Vivomixx[®] can be stored at room temperature (up to 25°C) for up to 7 days without adversely affecting potency.

Warning: Do not use if sachet is broken or damaged. Do not use after expiry date.

Store out of reach of young children.

6.5. Nature and contents of container

30 sachets per box.

6.6. Special precautions for disposal of a used food supplement or waste materials derived from such food supplement, if appropriate

None.

MANUFACTURER

Sachets and Capsules:
Farcoderma Srl
Via Basse Oglio di Sotto, 9
24054 Calcio (BG) Italy

GASTROPHARM
Specialising in Gastroenterology

WEBSITE
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Date of preparation: June 2016