

BioGaia®
Supporting your invisible heroes

L. reuteri for gut health throughout childhood & adulthood

One of the most
well researched
probiotics in the
world



pharmaAce

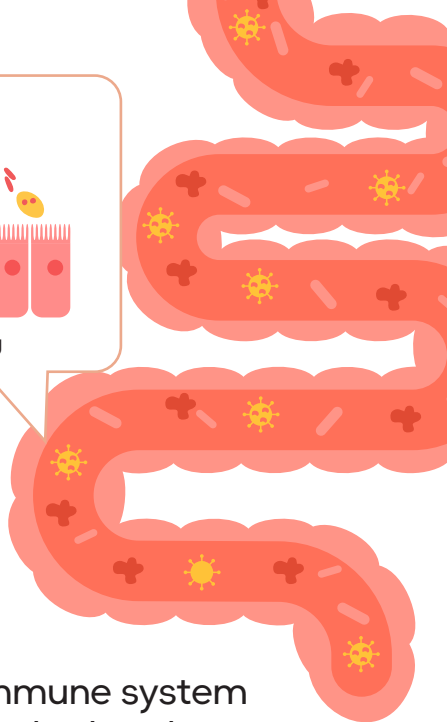
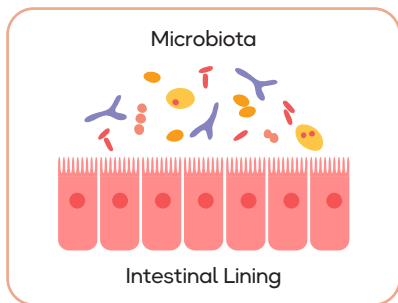
For medical professionals only



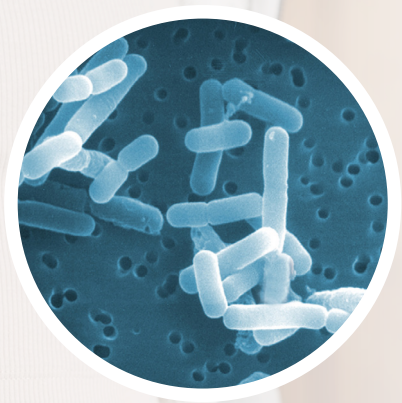
Modern lifestyle negatively affects our microflora such as:

- High intake of antibiotics and other drugs
- Low nutritional food
- Stress
- Sleep deficiency
- Environmental toxins
- Travelling





80% of the immune system can be directly linked to the gastrointestinal wall which makes a healthy intestinal mucosa and a balanced microbiota essential for a well-functioning immune system.



Probiotics are good bacteria that support your health.

Probiotics help maintain a healthy balance of good bacteria in your body's natural microbiota, which plays an important role in your immune system.

For healthy people, probiotics are generally safe to consume. Be sure to follow the instructions on the label. Pregnant women, infants, people with compromised immune systems, or people with short bowel syndrome should talk to a healthcare professional and the probiotics manufacturer before consuming.

NOT all probiotics are the same

The use of probiotics is a science.

It is important to understand that there are many different probiotics strains, and experts believe that these different strains have different health benefits. All probiotics are not the same and cannot be substituted for one another.



Making a smart selection

**BioGaia is a
world-leading
probiotics brand
from Sweden for
30 years**

BioGaia *L. reuteri* is safe for long term consumption. Different probiotic strains have different benefits – ranging from improving aspects of intestinal function to helping you fight off colds. Choose a product with evidence showing it can give you the health benefits you want.

BioGaia consists of *L. reuteri* DSM 17938 strain which is special and derived from human mother's milk.

It produces Reuterin, which has antibacterial, antiviral and antifungal properties.

***L. reuteri* DSM 17938 is one of the first patented and commercialised probiotic strains.**

- Only BioGaia contains the natural probiotics strain *Limosilactobacillus reuteri* DSM 17938.
- This special probiotics naturally colonizes the digestive tract and is even found in the milk of breastfeeding moms.

In fact, it is among the first bacterial species to become naturally established in the normal microflora of the new-born.

Most other probiotics strains are only temporary inhabitants, derived from the intake of food.



Francavilla Ruggiero MD PhD
Consultant Paediatric
Gastroenterology and Endoscopy
Unit, University of Bari, Italy

***L. reuteri* DSM 17938** is derived from ***L. reuteri* ATCC 55730**.

By removing two plasmids carrying resistant genes, the new daughter strain ***L. reuteri* DSM 17938** genes is potentially **FREE from transferable resistant genes**.

A probiotic that can transfer its resistance to other pathogens can pose serious health risk.

BioGaia Probiotic Chewable Tablets



MAL24096084NCR
Approved by MOH

For children 3 years and above
Pregnant, lactating moms and other adults
Recommended dose: 1 - 2 tablets a day

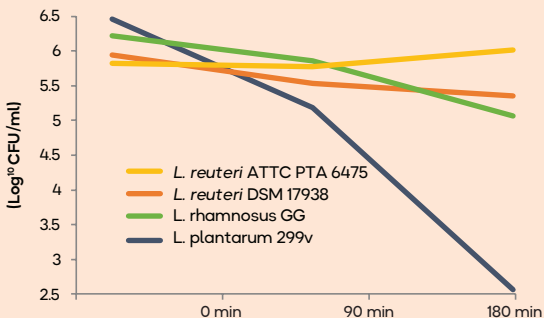


How do we keep the bacteria from dying in the acidic environment in the stomach before it reaches the gut?

L. reuteri DSM 17938 survive in the stomach

- *L. reuteri* DSM 17938 is one of the very few probiotic species that have co-evolved with humans since the beginning of time and whose natural habitat is the digestive tract.
- It is therefore well adapted to this kind of environment.

Survival in simulated gastric juice



Ref: Hanne Jensen et al. 2011. *Int J Food Microbiology*

The benefits of BioGaia *L. reuteri* DSM 17938

L. reuteri DSM 17938 improve growth of children with low nutritional status

Because *L. reuteri* DSM 17938 naturally occurs in the human body, it is effective and suitable for human and children's health, as it is adapted to reside in humans.

Subsequent strains commercialised are less symbiotic with the human body in various ways.



Reduces abdominal pain in children

Functional abdominal pain (FAP) is a frequent condition afflicting 10 to 20% of children usually at age 4 to 7 when they start school and then again 8 to 12 years old.

L. reuteri DSM 17938 is the only probiotics that is safe, non-medical option with no side-effects for children with FAP. It is important to reduce pain so that the child can return to a normal life and functioning.

Ref: Prof Weizman



Effective in constipated adults

- Women and elderly are more prevalent to functional constipation.
- Patients with functional constipation suffer from lower quality of life apart from illness.
- Current laxative treatment such as lactulose, senna, bisacodyl, ispaghula husk have short and long-term side-effects.

BioGaia *L. reuteri* DSM 17938 – clinical studies proven to improve bowel movement and faecal consistency.

Take one tablet 2 times a day.

Ref: Prof. Veronica Ojetti



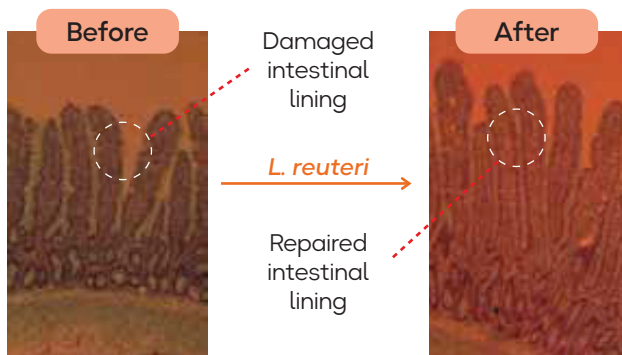
L. reuteri DSM 17938 decrease leaky gut

BioGaia *L. reuteri* DSM 17938 improves the barrier function of the gut by tightening the intestinal lining and increasing intestinal cell growth.

This means faster replacement of wounded intestinal cells and decrease gut permeability (leaky gut) probably explaining the faster recovery from pathogen infections.

L. reuteri DSM 17938 also activate antibody T- helper cells to boost our immune system and provide overall infection protection.

Ref: Casas I & Dobrogosz W (2000)



Antibiotics-Associated Side Effects

Antibiotic is a prescribed drug that can suppress the growth of pathogen inside our body but it would also kill some of the normal microflora inside our body.

Therefore, people having antibiotics would sometimes have side effects like abdominal and gastric pain, and diarrhea.

L. reuteri replenishes the gut with beneficial bacteria, helping to restore a healthy microbial environment after antibiotic use.

L. reuteri DSM 17938 produces inhibitory compound called Reuterin which is able to induce oxidated stress in harmful bacteria thus stopping them from multiplying.

L. reuteri also competes with harmful bacteria for nutrients and adhesion sites in the gut, helping to inhibit the growth of opportunistic pathogens, particularly when antibiotic use leaves the gut more vulnerable.

During treatment: 1 tablet twice daily at least 2 hours after antibiotics

Daily care: 1 or 2 tablets a day



Fast Relief for Diarrhoea & Tummy Troubles (Acute Gastroenteritis)

Acute gastroenteritis is a common gut infection that causes diarrhea, sometimes with vomiting or fever. It can lead to fluid loss and weaken the body's natural defences.

L. reuteri helps restore good bacteria in the gut, strengthens the intestinal barrier, and produces reuterin – a natural substance that fights harmful bacteria.

Clinical studies show faster recovery with up to 76% less diarrhoea by Day 2 and effectiveness within 24 hours. Take 2 tablets daily for 5–7 days, or until symptoms improve.

Ref: Shornikova 1997 & Dinleyici EC 2014



***L. reuteri* DSM 17938 reduces *H. Pylori* infection load**

- At least half of the world's population is infected by *Helicobacter Pylori*.
- Left untreated it causes inflammation and gastritis. It is also associated with gastric, peptic ulcer and gastric cancer.

Common symptoms are aching or burning pain in the stomach, nausea and vomiting, frequent burping, bloating and weight loss. The bacteria neutralizes stomach acid thus enabling it to penetrate the stomach lining. The damaged stomach lining is further irritated by the stomach acid and other chemicals secreted by the bacteria. Children are at risk due to poor hygiene.

***L. reuteri* DSM 17938 reduced *H. Pylori* infection load**

- Viral load – 30% decrease in Urea Breath Test (UBT)
- Suppressed infection in patients after four weeks
 - 25% lower bacterial load in stools and 16% lower in stomach
- Reduced side effects of eradication therapy of *H. Pylori* by 45 %

Abdominal pain: reduce by 25%

Constipation: reduce by 45%

Gastric pain: reduce by 45%

During treatment: 1 tablet twice daily at least 2 hours after antibiotics

Daily care: 1 or 2 tablets a day

Atopic eczema

Most allergies are caused by an overreaction of the immune system, specifically through excessive production of Immunoglobulin E (IgE) antibodies in response to harmless allergens.

A balance microbiota and sufficient level of good bacteria is important for a well-functioning immune system.



Increase anti-inflammatory factors in milk and enhance babies' immunity

Breast milk provides many nutrients and anti-inflammatory factors to babies.

After consuming breast milk, their immunity is improved, and they would have less chance to have allergic reactions in the future.

A pregnant woman with dark hair tied back, wearing a white sleeveless dress, is shown from the side, gently holding her pregnant belly. The background is a soft, out-of-focus indoor setting with light coming from a window.

In a study over 180 mothers consuming BioGaia before lactation or during pregnancy, they would have more anti-inflammatory factors found in the milk, and their babies would have fewer chances to have food allergic reactions as well.

It is found that all the babies have their immunity improved.

One tablet a day is recommended for pregnant mothers and lactating moms.

Ref: Abrahamsson TR (2008)

Other Products:

Oral Health

Prodentis

For 12 years old and above



Prodentis probiotics prevent:

- Gingivitis
- Periodontitis
- Plaque
- Peri-Implantitis
- Halitosis (bad breath)
- Oral Candida
- Caries

A balanced microbiota in the oral cavity is essential for a healthy gum and teeth.

Baby & Kids Health

Drop + Vitamin D₃

For 0-3 years old



MAL22076069NC

Original Drops

For 0-3 years old



MAL06091463XC

Protectis Powder

For 0-18 years old
and above



MAL22076054NC

The only probiotics with scientific evidence in
infantile colic.

- Infantile colic
- Management of regurgitation
- Constipation
- Functional abdominal pain
- Acute gastrointestinal health
- Management of antibiotic-associated side effects

Prescribed in 100 countries worldwide by child
specialists.

Available in clinics, hospitals, and participating
pharmacies nationwide.

Consult your doctor.



pharmaAce

仅适用于医疗专业人员

罗伊氏乳杆菌 维护儿童 与成年人的 肠道健康

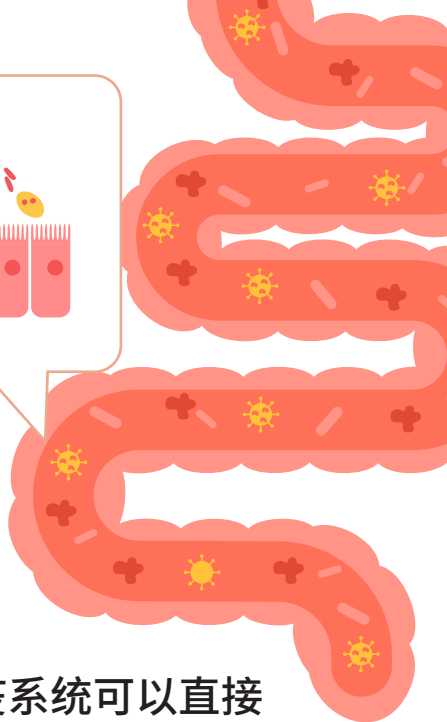
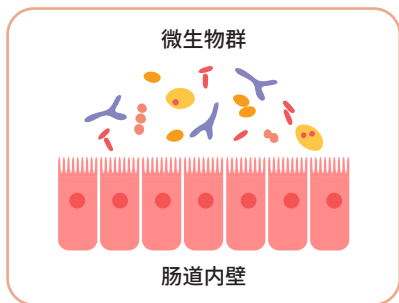
世界上
研究最充分的
益生菌之一



现代生活方式对我们的微生物区系产生负面影响，例如：

- 大量摄入抗生素和其它药物
- 低营养食物
- 压力
- 睡眠不足
- 环境的毒素
- 旅行





80% 的免疫系统可以直接与胃肠壁相连，胃肠壁为良好的免疫系统提供健康的肠黏膜和平衡的微生物群。



**益生菌是有益健康的细菌。
益生菌有助于维持体内天然菌群中
有益菌的健康平衡，这对免疫系统
起着重要作用。**

对于健康的人来说，益生菌一般可以安全食用。
请务必遵循标签上的说明。孕妇、婴儿、免疫系统受损的人或患有短
肠综合征的人在食用前应咨询医疗保健专业人士和益生菌制造商。

并非 所有益生菌 都一样

益生菌的使用是
一门科学。

重要的是要了解有许多不同的
益生菌菌株，专家认为这些不同的菌株具有不同的健康益处。所有益生菌都不相同，不能相互替代。



**BioGaia 是
来自瑞典 30 年的
世界领先
益生菌品牌**

做出明智的选择

BioGaia 罗伊氏乳杆菌能安全长期服用。不同的益生菌菌株具有不同的益处 - 由改善肠道功能到帮助您抵抗感冒。选择有医学证明的产品可以为您的健康带来益处。

BioGaia 由罗伊氏乳杆菌 DSM 17938 菌株组成，该菌株很特殊，源自于人类母乳。

**它产生的罗伊氏菌素具有抗菌、
抗病毒和抗真菌特性。**

罗伊氏乳杆菌 DSM 17938 是其中一个最早获得专利和商业化的益生菌菌株。

- 只有 BioGaia 含有天然的益生菌菌株罗伊氏乳杆菌 DSM 17938.
- 这种特殊的益生菌自然地在消化道中定殖。它甚至被发现存在于哺乳母亲的母乳中。

事实上，它是其中一个最早在新生儿正常微生物群落中自然生长的细菌。

大多数其它益生菌菌株是由进食时衍生的，而且只是暂时存活。



Francavilla Ruggiero MD PhD
儿科顾问医生
胃肠内科及内镜科,
意大利巴里大学

罗伊氏乳杆菌 DSM 17938 源自 罗伊氏乳杆菌 ATCC 55730。

通过去除两个携带抗性基因的质粒，新的子菌株 罗伊氏乳杆菌 DSM 17938 基因可能不含可转移的抗性基因。

一种能够将抗性转移到其他病原体的益生菌可能会带来严重的健康风险。

BioGaia 益生菌咀嚼片



MAL24096084NCR
卫生部批准

适用于 3 岁及以上儿童
孕妇、哺乳期妈妈及其他成人
建议剂量：每日 1-2 片

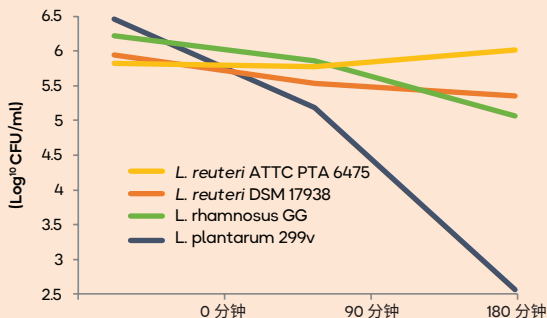


我们如何确保细菌到达肠道前不被胃里的酸性环境导致失去活性？

罗伊氏乳杆菌 DSM 17938 在胃中存活

- 罗伊氏乳杆菌 DSM 17938 是自古以来与人类共同进化的极少数益生菌物种之一，其自然栖息地是消化道。
- 因此，它很好地适应了这种环境。

在模拟胃液中的存活率



参考: Hanne Jensen et al. 2011. *Int J Food Microbiology*

BioGaia

罗伊氏乳杆菌 DSM 17938 的益处

罗伊氏乳杆菌 DSM 17938 可改善营养不良儿童的生长发育

由于罗伊氏乳杆菌 DSM 17938 天然存在于人体内，因此它能够有效促进人体和儿童的健康，因为它能够适应人体环境。

后续上市的菌株在各个方面都降低了与人体的共生性。



减轻儿童腹痛

功能性腹痛是 10 至 20% 的儿童经常被困扰的病症，通常在 4 至 7 岁开始上学时出现，然后在 8 至 12 岁时再次出现。

罗伊氏乳杆菌 DSM 17938 是唯一一种针对 FAP (功能性腹痛) 儿童，安全与非医疗且无副作用的益生菌。减轻疼痛是很重要的，这样孩子才能恢复正常的生活和身体运作。

参考：Prof Weizman 教授



有效于便秘的成年人

- 女性和老年人更容易出现功能性便秘。
- 功能性便秘患者除了遭受疾病，生活质量也较低。
- 目前的通便治疗，如乳果糖、番泻叶、比沙可啶、车前子壳都有短期和长期副作用。

BioGaia 罗伊氏乳杆菌 DSM 17938 - 临床研究证明可改善排便和粪便稠度。

每天服用 2 次，每次 1 片。

参考：Veronica Ojetti 教授



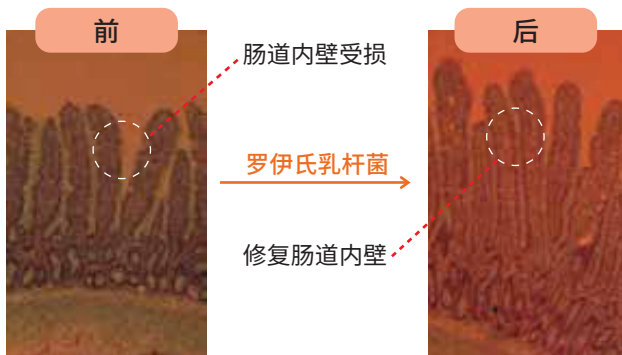
罗伊氏乳杆菌 DSM 17938 降低肠漏症

BioGaia 罗伊氏乳杆菌 DSM 17938 通过收紧肠壁和增加肠细胞生长来改善肠道的屏障功能。

这意味着更快地替换受损的肠细胞并降低肠道通透性（肠漏），且可能说明了病原体感染的快速恢复。

罗伊氏乳杆菌 DSM 17938 还激活抗体辅助 T 细胞以增强我们的免疫系统并提供整体感染保护。

参考：Casas I & Dobrogosz W (2000)



抗生素相关的副作用

抗生素是一种可以抑制我们体内病原体的生长的处方药，但它也会杀死我们体内的一些正常微生物群落。

因此，服用抗生素的人有时会出现腹痛、胃痛、腹泻等副作用。

罗伊氏乳杆菌能为肠道补充有益细菌，帮助在使用抗生素后恢复健康的微生物环境。

罗伊氏乳杆菌 *DSM 17938* 产生一种称为罗伊氏菌素的抑制性化合物，它能够在其它细菌中诱导氧化应激，从而阻止它们繁殖。

罗伊氏乳杆菌还会与有害细菌竞争肠道中的营养物质和粘附位点，有助于抑制机会性病原体的生长，尤其是在使用抗生素使肠道更容易受到伤害的情况下。

治疗期间：每日 2 次，每次 1 片，抗生素治疗后至少 2 小时服用。

日常护理：每日 1 至 2 片



快速缓解腹泻和肠胃不适(急性胃肠炎)

急性胃肠炎是一种常见的肠道感染，会引起腹泻，有时伴有呕吐或发烧。它会导致体液流失，削弱人体的天然防御能力。

罗伊氏乳杆菌有助于恢复肠道有益菌群，增强肠道屏障，并产生罗伊氏素，一种天然的抗有害细菌物质。

临床研究表明，服用本品可加快恢复速度，第 2 天腹泻症状可减少高达 76%，并在 24 小时内见效。
每日服用 2 片，连续服用 5 至 7 天，直至症状改善。

参考：Shornikova 1997 & Dinleyici EC 2014



罗伊氏乳杆菌 DSM 17938 减少幽门螺杆菌感染载量

- 世界上至少有一半的人口感染了幽门螺杆菌。
- 如果不及时治疗，它会导致炎症和胃炎。它还与胃痛、消化性溃疡和胃癌有关。

常见症状是胃部疼痛或灼痛、恶心和呕吐、经常打嗝、腹胀和体重减轻。细菌会中和胃酸，从而使其能够渗入胃内壁。胃酸和细菌分泌的其它化学物质会进一步刺激受损的胃内壁。由于卫生习惯差，儿童面临危险。

罗伊氏乳杆菌 DSM 17938 减少了幽门螺杆菌感染载量

- 病毒载量 - 尿素呼气检验 (UBT) 减少了 30%
- 4 周后患者的感染受到抑制 - 粪便中的细菌载量降低了 25% 和胃中的细菌载量降低了 16%
- 幽门螺杆菌根除治疗的副作用减少了 45%

腹痛：减少了 25%

便秘：减少了 45%

胃痛：减少了 45%

治疗期间：每日 2 次，每次 1 片，抗生素治疗后至少 2 小时服用。

日常护理：每日 1 至 2 片

异位性湿疹

大多数过敏都是由免疫系统过度反应引起的，具体来说是对无害过敏原产生过量免疫球蛋白 E (IgE) 抗体。

一个平衡的微生物群和足够的益菌对于一个运作良好的免疫系统很重要。



增加母乳中的抗炎因子， 增强婴儿的免疫力

母乳为婴儿提供许多营养和抗炎因子。

喝完母乳后，他们的免疫力提高了，将来产生过敏反应的机率也会减少。

A pregnant woman with dark hair tied back, wearing a white sleeveless dress, is shown from the side, gently holding her pregnant belly. The background is a soft, out-of-focus indoor setting with light coming from a window.

一项针对 180 多名母亲的研究发现，在哺乳前或孕期服用 BioGaia 后，她们的母乳中抗炎因子含量更高，婴儿发生食物过敏的几率也更低。

研究发现，所有婴儿的免疫力均得到提升。

建议孕妇和哺乳期妈妈每日服用 1 片

参考：Abrahamsson TR (2008)

其他产品：

口腔健康

Prodentis

12 岁及以上

世界上
研究最多的
口腔健康
益生菌



Prodentis 益生菌可预防：

- 牙龈炎
- 牙周炎
- 斑块
- 植体周围炎
- 口臭
- 口腔念珠菌
- 龋齿 (蛀牙)

口腔中平衡的微生物群对于健康的牙龈和牙齿至关重要。

婴儿及小孩健康

益生菌滴剂 + 维生素D₃ 益生菌滴剂

0 至 3 岁

0 至 3 岁

益生菌粉剂

0 至 18 岁及以上



唯一有科学验证能舒缓婴儿腹绞痛的益生菌。

- 婴儿肠绞痛
- 反胃吐奶
- 便秘
- 功能性腹痛
- 急性肠胃健康
- 抗生素相关副作用

由全球 100 个国家的儿童专家推荐。

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请咨询您的医生。

BioGaia®

Supporting your invisible heroes

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BioGaia Malaysia