Each capsule of GENESTRA BRANDS Saccharomyces Boulardii provides 5 billion CFU of Saccharomyces boulardii. The recommended dosage is 2 capsules daily to help reduce the risk of antibiotic-associated diarrhea. The formula is suitable for children over 6 years old, adolescents and adults as well. GENESTRA BRANDS Saccharomyces Boulardii provides live microorganisms to benefit health.

**Scientific Rationale:**

Saccharomyces boulardii (S. boulardii) is non-pathogenic yeast first isolated from lychee fruit and was first used for the treatment of the diarrhea in the 1950s in France. S. boulardii is resistant to gastric acidity and proteolysis. In the gastrointestinal tract it reaches high concentration level in a very short time and persists in viable forms. Using a double-blind controlled study, a human trial investigated the preventive effect of S. boulardii on the development of antibiotic-associated diarrhea in patients under antibiotic therapy but not requiring intensive care therapy. S. boulardii was given twice daily during the course of antibiotic therapy and application was initiated in all patients as late as after 48 hours of antibiotic therapy. Each dosage, consisting of 250 mg active ingredient, includes 5 X 10⁹ S. boulardii cells. A total of 151 patients completed the study and the results implied that prophylactic use of Saccharomyces boulardii resulted in reduced, with no serious side effects, antibiotic-associated diarrhea in hospitalized patients.³

A study was conducted to evaluate the efficacy of Saccharomyces boulardii in acute diarrhea. One hundred children in Myanmar (age range = 3 months to 10 years) were included. Saccharomyces boulardii shortens the duration of diarrhea and normalizes stool consistency and frequency. The shortening of the duration of diarrhea results in a social and economic benefits.⁴

Another study was performed to assess the efficacy and safety of Saccharomyces boulardii (S. boulardii) in acute watery diarrhea and its role in reducing the frequency of episodes of diarrhea in subsequent two months. Children from 2 mo to 12 years of age, with acute diarrhea were selected according to inclusion criteria and randomised in S. boulardii group (treated with ORS, nutritional support and S. boulardii, 250 mg bid) and in control group (treated with ORS and nutritional support only). Active treatment phase was 5 days and each child was followed for two months afterwards. Frequency and consistency of stools as well as safety of drug was assessed on every visit. A comparison of two groups was done in terms of number of diarrhoeal episode in subsequent two months. S. boulardii significantly reduced the frequency and duration of acute diarrhea. The consistency of stool also improved.⁵

**REFERENCES**


This information is for practitioners only and is not meant to diagnose, treat, cure, prevent any disease or replace traditional treatment, and has not been evaluated by Health Canada.

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