

INFORMATION LEAFLET

120 mg tablets

LACIDAR®

Food supplement

Lacidar® is a modern synbiotic containing freeze-dried bacteria cultures of 3 strains (*Lactobacillus acidophilus*, *Lactobacillus paracasei*, *Lactobacillus rhamnosus*) and a nutrient for lactic acid bacteria - acacia fiber.

Lacidar is intended for children over 3 years of age, adolescents and adults, to be used to supplement the diet:

- during and after antibiotic therapy,
- in diarrhea of various etiologies,
- when changing the diet,
- and in other situations requiring supplementation of the intestinal microflora.

Composition:

Acacia soluble fiber (Acacia Mill), bulking agent: microcrystalline cellulose, lyophilized lactic acid bacteria: *Lactobacillus acidophilus* LA02, *Lactobacillus paracasei* LPC00, *Lactobacillus rhamnosus* LR06, potato starch, anti-caking agents: silicon dioxide of fatty acids.

Content in the recommended daily dose:	Content in 1 tablet	Content in 2 tablets
<i>Lactobacillus acidophilus</i> LA02	0,5 x 10 ⁹ jtk*	1 x 10 ⁹ jtk*
<i>Lactobacillus paracasei</i> LPC00	0,5 x 10 ⁹ jtk*	1 x 10 ⁹ jtk*
<i>Lactobacillus rhamnosus</i> LR06	0,5 x 10 ⁹ jtk*	1 x 10 ⁹ jtk*
Acacia soluble fiber	50 mg	100 mg

* CFU - colony forming unit.

Additional information:

Lacidar does not contain cow's milk protein, lactose and sucrose. Gluten-free product.

Properties and characteristics:

A properly selected composition of 3 strains: *Lactobacillus acidophilus* LA02, *Lactobacillus paracasei* LPC00 and *Lactobacillus rhamnosus* LR06, effectively colonizes the gastrointestinal tract, helping to supplement and enrich the intestinal microflora with bacteria. Due to the good survival of bacteria contained in the gastrointestinal tract, the preparation is especially recommended to supplement the intestinal bacterial flora during and after antibiotic therapy.

Acacia fiber is a nutrient medium for live lactic acid bacteria cultures contained in the preparation, enabling their faster multiplication in the digestive tract. It is very soluble in water and has a high tolerance for the digestive system.

This combination of ingredients helps bacteria colonize the intestines and extends their survival time.

Recommended intake:

Children over 3 years of age, adolescents and adults: 1-2 tablets a day during a meal, washing down with cold or lukewarm water. Do not take with hot drinks.

In case of any doubts related to the use of the product, one should consult a specialist who may indicate another method of administration. Do not exceed recommended servings for consumption during the day. A dietary supplement cannot be used as a substitute (replacement) for a varied diet.

Important information:

Do not use in case of hypersensitivity to any of the ingredients of the preparation.

The storage conditions:

Store in a dry place, at room temperature, out of the reach of small children. The preparation does not lose its properties during short-term (up to 24 hours) storage at temperatures up to 35°C. Protect against sunlight, do not expose to rapid temperature changes and direct action of heat sources.

Net content: 2.4 g (20 tablets of 120 mg).

Produced in Poland for:

Ranbaxy (Poland) Sp. z o. o.
ul. Kubickiego 11,
02-954 Warszawa