

W8Biotic™

Lean Body Mass and Weight Management Support

Consumer Medicine Information

1. What is in the leaflet

This leaflet answers some of the more common questions about W8Biotic™ powder.

It does not contain all of the available information. It does not take the place of talking to your healthcare professional or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking W8Biotic™ powder against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your healthcare professional or pharmacist.

Keep this leaflet with the medicine.

You may need to read it again.

2. What W8Biotic™ is used for

W8Biotic™ is formulated to support lean body mass and weight management and maintain healthy blood glucose levels when taken in conjunction with a calorie controlled eating plan.

W8Biotic™ contains Hi-Maize Resistance Starch, which is a Type 2 Resistant Starch (RS2) with therapeutic properties that may help to increase satiety and assist weight management. Hi-Maize is also a prebiotic and produces short-chain fatty acids that help to support healthy gastrointestinal function. Leucine is a branched-chain amino

acid that assists in the metabolic regulation of healthy blood glucose levels and in supporting skeletal muscle protein synthesis in healthy individuals. W8Biotic™ contains *Lactobacillus plantarum* (Med 25) and *Lactobacillus paracasei* (Med 24) that naturally synthesise alpha-hydroxy isocaproic acid (HICA) from leucine, which is indicated to support lean muscle mass in healthy individuals. L-carnitine modulates energy expenditure in healthy individuals.

Your healthcare professional may have prescribed W8Biotic™ for another reason.

Ask your healthcare professional if you have any questions concerning why W8Biotic™ has been prescribed for you.

W8Biotic™ is not addictive.

3. Before you take W8Biotic™

3a) When you MUST NOT take it

Do not take W8Biotic™ if:

- 1. You have had an allergic reaction to W8Biotic™, maize (corn allergy), or any other ingredient listed in section 8b.**
- 2. The safety seal is broken, missing or shows signs of tampering.**
- 3. The expiry date (EXP) printed on the bottle has passed.** If it has expired or is damaged, return it to your pharmacist for disposal.

If you take this medicine after the expiry date has passed, it may not work as well.

If you are not sure you should start taking W8Biotic™ contact your healthcare professional.

3b) Before you start to take it

You must tell your doctor if:

- 1. You have any allergies to any other medicines, foods, preservatives, dyes or additives.**
W8Biotic™ contains Hi-Maize resistant starch, leucine, carnitine and probiotic species. If you experience any allergic reaction or other side effects after consuming W8Biotic™ you should discontinue use and consult with your healthcare professional.
- 2. You are pregnant or planning to become pregnant.**
- 3. You are breastfeeding or planning to breastfeed.**
- 4. You have or have had any other health problems or issues including:**

- Gastrointestinal conditions
- Compromised immune system (HIV/AIDS or during chemotherapy treatment)
- Short bowel syndrome

If you have not told your healthcare professional or pharmacist about any of the above, tell them before you start taking W8Biotic™.

3c) Taking other medicines

Tell your healthcare professional or pharmacist if you are taking

other medicines, including any that you get without a prescription from a naturopath, pharmacy, supermarket or health food store.

4. How to take W8Biotic™

4a) How to take W8Biotic™

Follow all directions given to you by your healthcare professional or pharmacist carefully. They may differ from the information contained in this leaflet.

Take W8Biotic™ exactly how your healthcare professional or pharmacist has prescribed.

4b) How much W8Biotic™ should be taken

Add 25 g of powder (1 scoop) to 250 mL of cold water or as directed by your healthcare professional.

4c) How to take W8Biotic™

One (1) serve of powder should be stirred in 250 mL of water and consumed immediately.

4d) When to take W8Biotic™

One (1) to two (2) times a day, before meals or directed by your healthcare practitioner.

4e) How long to take W8Biotic™

Take W8Biotic™ as long as your healthcare professional prescribes.

4f) If you forget to take W8Biotic™

Do not try to make up for missed doses by taking an extra dose.

This may increase the chance of getting an unwanted side effect.

If it is almost time for your next dose, skip the dose you missed and take the next dose when you are meant to.

If you are unsure of what to do, check with your healthcare professional or pharmacist.

4g) If you have taken too much W8Biotic™ (overdose)

Visit your healthcare professional or pharmacist as soon as possible. Tell them how much W8Biotic™ you took and they will determine the best action to suit your health. Please visit your healthcare professional or pharmacist if there are signs of discomfort or poisoning.

5. While you are taking W8Biotic™

5a) Things you MUST do:

If you become pregnant while taking W8Biotic™, tell your healthcare professional or pharmacist immediately.

If you are about to start taking a new medication, tell your healthcare professional or pharmacist you are taking W8Biotic™.

If you are planning to have surgery, tell your healthcare professional or pharmacist you are taking W8Biotic™. Always follow your healthcare professional or pharmacist's instructions carefully.

5b) Things you MUST NOT do:

Do not heat W8Biotic™ or add it into hot liquids or foods.

Do not expose W8Biotic™ to extreme heat conditions for extended periods of time.

6. Side effects

All medicines can have side effects. Sometimes they are serious, however, most of the time they are not.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

Ask your healthcare professional or pharmacist to answer any questions you may have.

Tell your healthcare professional or pharmacist if you experience any of the following and they worry you:

- Cramps or pain in the stomach
- Constipation
- Diarrhoea
- Mucus in the stool
- Bloated stomach area
- Gas

These side effects are usually mild and dose related. Most of them disappear completely in a few days after the dose of W8Biotic™ is lowered or stopped.

Serious allergic reactions to these ingredients are rare; however, tell your healthcare professional or pharmacist if you experience any of the following:

- Skin rash
- Swelling of the face and/or throat
- Difficulty breathing
- Itching of the skin

Tell your doctor if you notice anything else that is making you feel unwell.

Other side effects not listed above may also occur in some people.

7. After taking W8Biotic™

Storage

Keep W8Biotic™ in its bottle until it is time to take it. Always store W8Biotic™ in its original bottle. If you take the powder out of the bottle it may not keep well.

Always store W8Biotic™ only in its original container. Store below 25°C. Recommended to keep refrigerated. Do not freeze.

Do not store W8Biotic™, or any other medicine, in a bathroom or near a sink.

Do not leave it in the car or on windowsills.

Heat and dampness can destroy the medicine.

Keep out of reach from children.

Protect W8Biotic™ from light.

8. Product description

8a) *What W8Biotic™ looks like*

W8Biotic™ is an off-white powder. It is in a white cylinder bottle and each bottle contains 350 g of powder (14 doses).

8b) *Ingredients*

Active ingredients per 25 g (1 scoop) dose

- Hi-Maize Resistant Starch - 20 g
- L-leucine - 2 g
- Levocarnitine Tartrate - 1.5 g
- Equiv. Levocarnitine - 1 g
- *Lactobacillus plantarum* (Med 25) - 10 billion
- *Lactobacillus paracasei* (Med 24) - 10 billion

Excipient ingredients

- Silica
- Thaumatin
- Malic acid
- Stevia
- Strawberry Cream Flavour

W8Biotic™ does not contain any artificial colours, flavours or sweeteners.

W8Biotic™ is gluten and dairy free.

W8Biotic™ is suitable for Vegetarians.

9. Translation

To read this information in other languages go to www.medlab.co/translate.

10. Manufacturer

W8Biotic™ is supplied in Australia by:

Medlab Clinical Limited™
A division of Medlab Clinical Limited™
66 McCauley Street
Alexandria NSW 2015
Toll free: 1300 369 570

Australian Listing Number
AUST L 260424

This leaflet was prepared in September 2014.

Last updated September 2014.

Medlab Clinical Limited™