VSL#3® is a potent probiotic medical food formulated to provide a mixture of 8 strains of probiotic bacteria and to maximize the probiotic effect.

Clinical Experience

VSL#3® has been the subject of extensive clinical research in the dietary management of IBS, UC, and an ileal pouch. In one study, the consumption of VSL#3® was associated with a 39% reduction in bloating in patients with diarrhea predominant IBS. In a second study, a statistically significant improvement in health-related quality of life was noted after 4 weeks of VSL#3® treatment.

Recommended Daily Intake

Adult intake: VSL#3® is designated for the dietary management of UC, an ileal pouch and BS patients under the care of a physician.

Side Effects

Mild abdominal bloating has been reported in the first few days of consuming VSL#3®. This is usually a transitory phenomenon due to the changing intestinal flora.

Gastrointestinal side effects, such as mild abdominal bloating and gas, may occur in the first few days of consuming VSL#3®. However, with continued use, these symptoms often subside. It is important to remember that the normal flora of the gut can change rapidly, and this change may result in a temporary increase in bloating and flatulence.

If you experience bloating, you may need to reduce your daily intake to allow for this adjustment. Please consult your physician or healthcare professional for further advice.

Table 1: Adult Recommended Daily Intake

<table>
<thead>
<tr>
<th>Condition</th>
<th>Recommended Daily Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ulcerative colitis</td>
<td>500 billion CFU*</td>
</tr>
<tr>
<td>Irritable bowel syndrome</td>
<td>225 to 3,600 x 10⁹ CFU</td>
</tr>
<tr>
<td>Pediatric patients</td>
<td>112.5 billion CFU</td>
</tr>
</tbody>
</table>

VSL#3® is designated for the dietary management of UC, an ileal pouch and BS patients under the care of a physician.

Consumer use of VSL#3® may also decrease bloating and flatulence in patients with IBS.
For children, the amount consumed per day varies by age, weight and clinical status.16

Table 2: Pediatric Recommended Daily Intake

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Weight (kg)</th>
<th>VSL#3® Capsules</th>
<th>VSL#3® Liquid</th>
<th>VSL#3® Powder</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 12 months</td>
<td>&lt; 8</td>
<td>1 capsule/meal</td>
<td>1 mL/meal</td>
<td>1 g/day</td>
</tr>
<tr>
<td>12 months</td>
<td>8-15</td>
<td>2 capsules/meal</td>
<td>2 mL/meal</td>
<td>2 g/day</td>
</tr>
<tr>
<td>1-3 years</td>
<td>15-25</td>
<td>2-3 capsules/meal</td>
<td>3 mL/meal</td>
<td>3 g/day</td>
</tr>
<tr>
<td>4-10 years</td>
<td>25-40</td>
<td>3 capsules/meal</td>
<td>4 mL/meal</td>
<td>4 g/day</td>
</tr>
<tr>
<td>&gt; 10 years</td>
<td>&gt; 40</td>
<td>4 capsules/meal</td>
<td>5 mL/meal</td>
<td>5 g/day</td>
</tr>
</tbody>
</table>

Dietary Management of active (Favorable) colitis symptoms in children

References