


## Instructions for use Kijimea® IBS PRO

 **Please read all of the instructions for use carefully, because they contain important information for you. This medical device is available without a prescription. However, to achieve the best possible treatment success, Kijimea® IBS PRO must be used according to the instructions.**

- Keep the instructions for use.  
You may need to read them again.
- Ask your pharmacist if you need more information or advice.
- You must consult a doctor if your symptoms worsen or there is no improvement.

### **What these instructions for use contain**

1. What Kijimea® IBS PRO is used for and what the clinical benefit is
2. Intended patient population
3. What you need to know before you take Kijimea® IBS PRO
4. How to take Kijimea® IBS PRO
5. Possible side effects
6. How to store Kijimea® IBS PRO
7. Contents of the pack and other information

### **1. What Kijimea® IBS PRO is used for and what the clinical benefit is**

Kijimea® IBS PRO is a medical device that contains the heat-inactivated Bifidobacteria strain *B. bifidum* HI-MIMBb75. It is intended to be used for the treatment of irritable bowel syndrome with the typical symptoms of constipation, diarrhoea, abdominal pain, flatulence, and bloating. The medical device alleviates irritable bowel syndrome itself and the typical symptoms of constipation, diarrhoea, abdominal pain, flatulence and bloating, and significantly improves quality of life.

### **2. Intended patient population**

The capsules should be taken by people who suffer from or have been diagnosed with irritable bowel syndrome with the typical symptoms of constipation, diarrhoea, abdominal pain, flatulence, and bloating.

### ***During pregnancy and breastfeeding:***

There is no information to indicate that Kijimea® IBS PRO should not be taken during pregnancy and breastfeeding.

### ***Children:***

There is no information to indicate that Kijimea® IBS PRO should not be taken by babies and children.

### ***Patients with allergies and diabetes patients:***


Kijimea® IBS PRO does not contain any preservatives, sweeteners, flavourings, lactose, fructose or gluten, and is also suitable for patients with diabetes.

### **3. What you need to know before you take Kijimea® IBS PRO**

Always take Kijimea® IBS PRO exactly as specified in these instructions for use. Check with your doctor or pharmacist if you are not sure.

### ***Warnings/precautions***

Do not take Kijimea® IBS PRO:

- Without sufficient liquid.
- After the expiry date stated on the packaging .
- If you have a known hypersensitivity to any of the ingredients.

### ***Contraindications***

There are no known contraindications regarding the use of the product.

### ***Taking Kijimea® IBS PRO with medicines:***

There are no known interactions with medicines. Consult your doctor or pharmacist if you are taking, have recently taken or are planning to take any medicines together with Kijimea® IBS PRO.

### ***Other notes:***

Consult a doctor if new or longer-lasting symptoms occur so the cause of the symptoms and any underlying disease that may need treatment can be identified.

## 4. How to take Kijimea® IBS PRO

The following information applies unless your doctor has prescribed Kijimea® IBS PRO in another way.

Swallow two capsules of Kijimea® IBS PRO whole with plenty of liquid (e.g. 1 glass of water) daily.

To achieve optimal results, Kijimea® IBS PRO should be used for at least four and ideally twelve weeks. An initial improvement in the symptoms should be apparent after approximately one week of regular use.

If the capsules are given to young children, they should be opened and their contents taken with some liquid.


## 5. Possible side effects

There are no known side effects to the use of Kijimea® IBS PRO, even in case of overdose. However, using the product as directed is always recommended.

Symptoms of irritable bowel syndrome are subject to natural fluctuations in the course of the disease and vary both in their manifestation and severity.

Various external influencing factors (e.g. unfamiliar food and

stress) can also intensify the symptoms. In individual cases, therefore, there may be a temporary worsening of the typical symptoms of irritable bowel syndrome when taking Kijimea® IBS PRO.

If you notice any side effects, please report them to Synformulas GmbH . Any serious incidents linked to the product should be reported to Synformulas GmbH and the competent authority in the United Kingdom.<sup>1</sup>

## 6. How to store Kijimea® IBS PRO

Keep this product out of reach of children.

## 7. Contents of the pack and other information

Kijimea® IBS PRO contains the heat-inactivated Bifidobacteria strain *B. bifidum* HI-MIMBb75 (0.5 x 10<sup>9</sup> bacteria per capsule).

The other ingredients are: maize starch, hydroxypropyl methyl cellulose, magnesium stearate, silicon dioxide, copper complexes of chlorophyllins.

Kijimea® IBS PRO is available in packs of 14, 28 and 84 capsules.

### Kijimea®: for health and environment.

Kijimea® values responsible use of resources. The instructions for use and folding box are made of recycled paper.



<sup>1</sup>The competent authority in the United Kingdom is the Medicines and Healthcare products Regulatory Agency (MHRA). Synformulas GmbH will forward all reports of serious incidents to the competent authority.

