

New approach towards IBS management



Microencapsulated
sodium butyrate

Dear Doctor,

Do you often encounter patients who complain of intestinal disturbances?

Supposedly, your answer is yes.

Today, many people suffer from intestinal disturbances with the following symptoms: bloating, diarrhoea, cramps, flatulence, abdominal pain, motility disturbances.

If we exclude serious causes of the above symptoms and with the use of the Rome Criteria most people with these symptoms could be diagnosed with IBS.

It is highly possible that IBS may lead to significant changes in microbiota of the large intestine, resulting in an insufficient production of butyric acid.¹

Many patients with IBS avoid foods that contain fibre due to intolerance. It may be additional factor that contributes to butyric acid deficiency. This deficiency results in impairment of many intestinal regulatory mechanisms, in which butyric acid is an essential element.

Butyric acid, as a natural substance being produced in the process of bacterial fermentation in the colon, plays a crucial role for intestinal cell renewal and proper permeability. Being the main source of energy for colonocytes, butyric acid ensures continuity of those processes.

Energast is an effective and fast remedy for the restoration of the natural functions of the intestines.

Energast brings relief in intestinal disorders through the beneficial effect of butyrate in the entire intestine including a compensation of its deficiency in the colon.

Energast is a unique and original preparation of microencapsulated sodium butyrate in triglyceride matrix that protects the active substance from the stomach acid and ensures its sustainable delivery throughout the entire intestine.

Energast. Right step to healthy intestines

Dosage

Adults: 1 capsule twice daily, in the morning and evening, with food, or as recommended by the doctor. It is recommended to use the product for at least 3 months.

Children above 7 years of age: 1 capsule daily, preferably in the evening, with food. It is recommended to use the product for at least 6 weeks. Depending on the individual requirements, your doctor may recommend different dosage of the product.

One capsule of **Energast** contains 500 mg of microgranulated sodium butyrate and plant-derived triglyceride, corresponding to 150 mg of sodium butyrate. The product has a specific smell which is characteristic of the active ingredient – sodium butyrate.

Product ingredients

Sodium butyrate, mixture of completely hydrogenated fatty acid triglycerides from palm oil, glazing agent – hydroxypropyl methylcellulose.

When should **Energast** be taken?

Energast is intended for the dietary management of:

- irritable bowel syndrome
- diarrhoeas caused by microbiota disturbances resulting from antibiotic treatment, the presence of pathogenic microorganisms, chemo- or radiotherapy
- inflammatory bowel diseases and inflammation of intestinal mucosa after radiotherapy
- when using diets limiting the intake of food fibre in intestinal diseases

Nutritional value information

Nutritional value	in 100 g of the product	1 capsule	2 capsules
Energy value	2650 kJ / 641 kcal	16 kJ / 4 kcal	32 kJ / 8 kcal
Fat including saturated fatty acids	59 g 59 g	0.4 g 0.4 g	0.7 g 0.7 g
Carbohydrates of which sugars	28 g 0 g	<0.5 g 0 g	<0.5 g 0 g
Protein	0 g	0 g	0 g
Salt	12.3 g	0.07 g	0.14 g
Sodium butyrate	25.2 g	0.15 g	0.30 g

What does **Energast** look like and what is the content of the pack?

Hard cellulose capsule, transparent, oblong, rounded at the tip.

Package content: 60 capsules (4 blisters of 15 capsules) or 30 capsules (2 blisters of 15 capsules).

Net content: 35.7 g (60 capsules, each weighing 595 mg) or 17.9 g (30 capsules of 595 mg each).

Important information before you start taking the product

Do not use it if you are allergic to any ingredient of the product. Use under doctor's supervision. The product is not intended for parenteral use. The product should not be used as the only source of food. The product is intended for adults and children over 7 years of age. It should not be taken by persons that have not been diagnosed with the above-listed conditions or disorders, or who do not have medical indications for its use.

Pregnancy and breast-feeding

Do not use during pregnancy or breast-feeding.

How to store **Energast**?

Store below 25°C, keep out of the reach of young children. Protect from light and moisture. Do not use after the expiry date stated on the package bottom and blister pack. The expiry date refers to the last day of that month.

References: 1. W. Tarnowski, K. Borycka-Kiciak, A. Kiciak, J. Friediger, A. Cienciola, R. Zabielski. Outcome of treatment with butyric acid in irritable bowel syndrome – preliminary report. *Gastroenterologia Praktyczna* 1/2011.

Energast

Right step to healthy intestines