



## Consumer Product Information

### What is Travelan used for?

Travelan helps reduce the risk of travellers' diarrhea.

### What is travellers' diarrhea?

According to the Public Health Agency of Canada, travellers' diarrhea is the most common illness that affects travellers. It is easily spread from person to person or by eating food or drinking water contaminated with feces.

Travellers' diarrhea is characterized by the fairly abrupt onset of watery, loose or semi-formed stools associated with abdominal cramps, vomiting, nausea and fever.

### In which countries should you use Travelan?

Your chances of getting travellers' diarrhea increase significantly in areas such as Central and South America, Mexico, Africa, the Middle East and Asia. In addition, the risk is increased in areas with poor standards of hygiene and sanitation and poor food handling practices.

### What is the medicinal ingredient?

Bovine colostrum powder, 200 mg.

### What are the non-medicinal ingredients?

Croscarmellose sodium, glucose monohydrate, magnesium stearate, microcrystalline cellulose and colloidal silicon dioxide.

### How can Travelan help you?

Travelan neutralizes travellers' diarrhea bacteria rather than having to treat the symptoms after the condition has begun.

The most common cause of travellers' diarrhea is the bacterium enterotoxigenic *Escherichia coli* (ETEC), which may be found in drinks, ice cubes, on the outside of fruits and vegetables, on the surface of utensils and anywhere contaminated water or poor hygiene is present.

*E. coli* (ETEC) can be found in a street side stall or in the best of restaurants.

### How does Travelan work?

*E. coli* (ETEC) is described by medical authorities as the most common cause of travellers' diarrhea worldwide.

Travelan reduces the risk of travellers' diarrhea in several ways:

- Travelan utilizes specific antibodies to bind the *E. coli* (ETEC) bacteria and neutralize them by inhibiting attachment to the intestinal wall.
- Travelan contains high levels of constituents that have non-specific anti-microbial properties - including lactoferrin and lactoperoxidase - which assist in providing protection against a wide range of other infectious disease causing pathogens.

### What is dairy bovine colostrum powder (BCP)?

Dairy BCP, the carrier for the specific antibodies in Travelan, is the result of many years of worldwide scientific research on natural protection mechanisms. Colostrum is the first milk given by the cow after calving. Because only the first milking is collected and processed for Travelan, BCP has the highest level of immune-related agents and anti-microbials.

### Scientific evidence

Travelan has been shown via independent medical clinical trials to significantly decrease the risk of travellers' diarrhea.

Travelan underwent stringent independent double-blinded, placebo-controlled medical trials in Europe and the USA. The trials showed up to 90% protection against infection with *E. coli* (ETEC), the major cause of travellers' diarrhea.

### How do you use Travelan?

Travelan is a tablet that should be taken orally before every meal.

Directions for use:

Take one or two tablets before each meal, three times per day, starting 48 hours before travel and during the period of travel.

Travelan should be used in addition to normal travel hygiene practices.

### Cautions

Travelan contains cow's milk proteins and lactose. Therefore, do not take Travelan if you have an allergy to bovine protein or lactose intolerance, due to the presence of milk protein and lactose.

Do not use with oral tetracycline due to the presence of calcium.

If symptoms of travellers' diarrhea persist, consult a healthcare professional.

For use beyond 12 weeks, consult a healthcare professional.

Travelan tablets are not suitable for use in children under 6 years of age except on medical advice.

Pregnant and nursing women should consult a healthcare professional before using this product.

If you have a history of cancer, consult a healthcare professional prior to use.

If you have diabetes, consult a healthcare professional prior to use.

If you have liver or kidney disease, or if you have been instructed to follow a low protein diet, consult a healthcare professional prior to use.

If you suffer from an immune system disorder (e.g. Crohn's disease, myasthenia gravis, multiple sclerosis, rheumatoid arthritis, systemic lupus erythematosus, HIV/AIDS, etc.) or if you are taking immunosuppressants, consult a healthcare professional prior to use.

Not to be used as a vaccine substitute.

### What to do if you contract travellers' diarrhea?

As indicated earlier, the major cause of travellers' diarrhea is *E. coli* (ETEC); however, there is still a chance that travellers' diarrhea can be caused by other bacteria, viruses or parasites. If you are suffering from travellers' diarrhea, appropriate treatment should be started.

Dehydration is the main risk associated with travellers' diarrhea.

Recommended treatment: Rest and drink plenty of clean water (up to approximately 2 L (8½ cups) a day), including specific rehydration fluids containing salts (electrolytes) and glucose.

Consult a healthcare professional if symptoms of travellers' diarrhea persist or if you suffer from the following symptoms: diarrhea for over 48 hours for adults and children over 6 years of age, dehydration, a persistent high temperature (over 39 °C), blood or mucus in the stool or severe abdominal or rectal pain.

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