

# Travelan®

Each caplet contains specific antibodies against the major bacterial cause of Travellers' Diarrhoea, carried within "Hyperimmunised" Dairy (Bovine) Colostrum Powder 200mg

## Consumer Product Information

### What is Travellers' Diarrhoea?

Travellers' Diarrhoea (TD), according to the Centres for Disease Control and Prevention, is a clinical syndrome resulting from microbial contamination of ingested food and water. It occurs during or shortly after travel, most commonly affecting persons travelling from an area of more highly developed hygiene and sanitation infrastructure to a less developed one. TD is characterised by the fairly abrupt onset of loose, watery or semi-formed stools associated with abdominal cramps and rectal urgency. Symptoms may be preceded by gaseousness, abdominal cramping, vomiting and fever. In almost a third of TD victims, the symptoms will be severe enough to confine them to bed.

### In which countries do you use *Travelan*?

Your chances of getting Travellers' Diarrhoea (TD) increase markedly in areas such as Africa; Asia; Indian Sub-Continent; Middle East; South America and Latin America. In addition, areas with poor sanitation or where poor hygiene is practiced are also high risk. Known by many colourful names such as Bali Belly; Montezuma's Revenge; Delhi Belly; Tourista and Gastro, TD is labeled by authorities as the number one (1) health problem in international travel, in terms of frequency and monetary impact.

■ HIGH RISK ■ INTERMEDIATE RISK ■ LOW RISK



### How can *Travelan* help you?

*Travelan*® neutralises Travellers' Diarrhoea (TD) bacteria rather than having to treat the symptoms after the condition has began.

The most common cause of TD is the bacterium Enterotoxigenic Escherichia coli (ETEC), which may be found in drinks, on the outside of fruit and vegetables, on the surface of eating utensils – even in ice blocks – anywhere contaminated water or poor hygiene has been used. E.coli (ETEC) can be found anywhere from a street side stall to the finest of restaurants.

### How does *Travelan*® work?

Enterotoxigenic E.coli (ETEC) is described by medical authorities as the most common cause of Travellers' Diarrhoea (TD) worldwide.

Independent studies of etiologic agents at various destinations showed that bacteria (E.coli) are responsible for approximately 85% of TD cases, parasites about 10% and viruses 5%.

*Travelan*® works to decrease the risk and neutralise the effect of Travellers' Diarrhoea (TD) in several ways.

- *Travelan*® utilises specific antibodies to bind to the ETEC bacteria and neutralise them by inhibiting attachment to the intestinal wall.
- The Dairy (Bovine) Colostrum Powder (BCP) is sourced from Australian and NZ dairy cows that have been specifically "hyper-immunised" with a patented Immuron multi valent vaccine. This allows the cow to produce very high levels of specific antibodies, against selected surface antigens from the common strains of E.coli (ETEC) that cause TD. The antibodies bind to these E.coli and inhibit their attachment to the gut wall.
- *Travelan*® contains high levels of substances that have non-specific anti-microbial properties – including lactoferrin and lactoperoxidase which assist in providing protection against a wide range of these other disease infectious causing pathogens.
- BCP contains other natural factors that aid in the relief of symptoms of minor gastrointestinal disorders.

## Symptoms of Travellers' Diarrhoea include: Diarrhoea • Fever • Vomiting • Nausea • Abdominal Cramps • Bloating

### What is Dairy (Bovine) Colostrum Powder (BCP)?

Dairy (Bovine) Colostrum Powder (BCP), the carrier for the specific antibodies in **Travelan**®, is the result of many years of world-wide scientific research on natural protection mechanisms. Colostrum is produced by the cow after calving. As milking is collected and processed for **Travelan**®, Immuron's BCP has a high level of immune regulating agents and anti-microbials. In addition, our patented method of collecting and processing the raw material ensures a high concentration of specific antibodies and their stability.

### Scientific evidence

**Travelan**® has been shown via independent medical clinical trials to significantly decrease the risk of Travellers' Diarrhoea (TD) and to decrease the symptoms of minor gastrointestinal disorders.

**Travelan**® underwent stringent independent double-blinded placebo-controlled medical trials in Europe and the USA. The trials showed protection of up to 90% against infection with E.coli (ETEC) and the development of TD.

Independent trials have shown that people who received **Travelan**® affected by E. Coli had significantly less discomfort and diarrhea, compared to those who did not receive **Travelan**®.

### How do you use **Travelan**?

**Travelan**® is designed to be taken before every meal.

Directions for use:

- Take one caplet before a meal.
- Additional caplets may be taken when increased protection is required, i.e. when snacking between meals.

**Travelan**® should be used as an adjunct to normal travel hygiene practices.

### Side effects and contraindications

**Travelan**® contains cow's milk proteins, lactose and glucose. The amount of lactose in **Travelan**® has been reduced to less than 10%, compared to about 50% in skim milk powder. Therefore the total daily dose of lactose in **Travelan**® is well below the level at which clinical signs can be experienced. Similarly for Diabetics, the amount of glucose per caplet is only 50mg, which means a maximum daily dose of approximately 150mg.

Australian Government Authorities advise that tablets / caplets are not suitable for small children. Therefore **Travelan**® caplets are not suitable for use in children under 6 years of age except on professional health advice.

### What to do if you get Travellers' Diarrhoea (TD)?

As indicated earlier, the major cause of TD is E.coli (ETEC), however there is still a chance that TD can be due to other bacteria; viruses or parasites. In this event **Travelan**® will significantly decrease the severity of the symptoms, but once you are suffering from TD, appropriate treatment should be started. Please note; **Travelan**® is not primarily designed to treat TD once the disease has started but will help. Dehydration is the main risk associated with TD. Treatment involves: Rest and drinking plenty of safe clear fluids (2-4 litres a day), such as specific rehydration fluids containing salts (electrolytes) and glucose. In some cases, an over-the-counter anti-diarrhoea medication may be helpful (see your pharmacist / chemist), but these should not be given to young children. Even with treatment you can expect several days of discomfort.

Consult a doctor if you suffer from the following symptoms: Diarrhoea 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 pains.

#### Medical Enquiries

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