

# Helikom

## Gut Health



**HELIKOM** is a food supplement containing Gutgard® (derived from *Glycyrrhiza glabra*) and probiotic blend which is designed for the management of *Helicobacter pylori*.

Also, this product is used as an adjunct to *Helicobacter pylori* triple therapy and thus reduces gastrointestinal symptoms, increases antibiotic effect and reduces antibiotic side effects.

### What is Gutgard®?

Gutgard® is a clinically researched, flavonoid-rich, natural bioactive for daily digestive health derived from *Glycyrrhiza glabra*.

More than 50 flavonoids have been identified in Gutgard® which have been shown to have beneficial activity for digestive complaints.

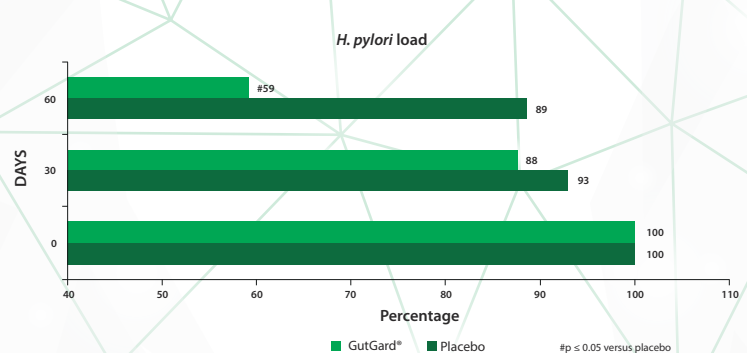
Gutgard® licorice flavonoids have been shown to protect the stomach lining and balance *Helicobacter pylori* levels much more effectively than regular DGL extracts.

Gutgard® licorice can also relieve occasional indigestion, bloating, and stomach pain at 150mg/day.

### CLINICAL STUDY 1

<b>Condition</b>	Subjects with gastric loaf of <i>Helicobacter pylori</i>
<b>Dose</b>	150 mg per day before breakfast
<b>Participants</b>	107 subjects (Age 18-45 years)
<b>Duration</b>	60 days
<b>Evaluation</b>	On day 30 and day 60, using <sup>13</sup> C-UBT and HpSA test
<b>Outcome</b>	- Gutgard® showed 41% reduction in <i>H. pylori</i> load compared to placebo - 48% of the population in the Gutgard® group were relieved from <i>H.pylori</i> as assessed by <sup>13</sup> C-UBT

### CLINICAL EVIDENCE: GUTGARD® ON H.PYLORI



**Outcome:** Gutgard showed 41% reduction in *Helicobacter pylori* compared to placebo

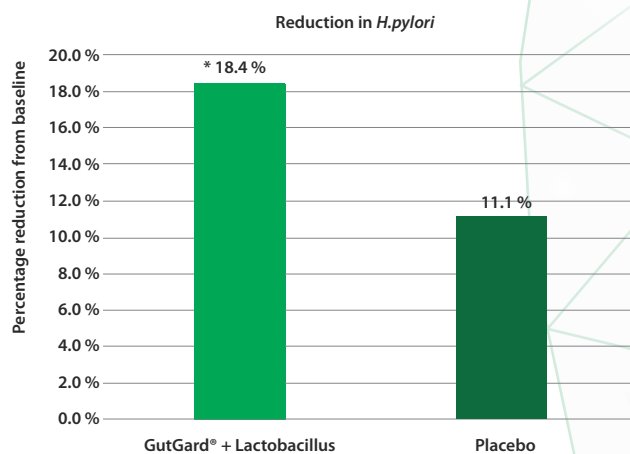
## CLINICAL STUDY 2

<b>Condition</b>	<b>Subjects with <i>Helicobacter pylori</i> infection</b>
<b>Dose</b>	1.0 x 10 <sup>6</sup> CFU/mL, <i>L.paracasei</i> and Gutgard® (100mg)
<b>Participants</b>	142 subjects (71 in each of two groups (treatment and placebo))
<b>Duration</b>	8 weeks
<b>Evaluation</b>	The primary endpoint was the gastric load of <i>H.Pylori</i> measured by <sup>13</sup> C-Urea breath test (UBT). Secondary endpoints were histologic and clinical improvement.
<b>Outcome</b>	The combination of Gutgard® and <i>L.paracasei</i> significantly reduced <i>H.pylori</i> density, significantly improved the histologic inflammation, significant improvement in gastrointestinal symptoms and quality of life. Gutgard® in combination with <i>Lactobacillus</i> was effective in lowering GI symptoms by 27.2% and reduce <i>H.pylori</i> by 18.4%.

## CLINICAL EVIDENCE: GUTGARD® + PROBIOTICS ON *H.PYLORI* AND GI SYMPTOMS

**Probiotics** increase the eradication rate in the treatment of *H. pylori* infection, improve clinical symptoms, and increase patient compliance by reducing treatment-related antibiotic-related side effects.

GutGard® in combination with *Lactobacillus* sp. was effective in lowering GI symptoms (upper abdominal fullness, occasional heartburn, nausea, bloating, belching & regurgitation) and managing the *H. pylori*



Nutritional information	Amount
GutGard® DGL licorice root extract ( <i>Glycyrrhiza glabra</i> )	150 mg
<i>Lactobacillus</i> sp. blend containing:	20 Billion CFU
• <i>Lactobacillus casei</i>	
• <i>Lactobacillus acidophilus</i>	
• <i>Lactobacillus paracasei</i>	
• <i>Lactobacillus plantarum</i>	
• <i>Lactobacillus rhamnosus</i>	

1 box contains 30 capsules.

**Recommended daily dose:** One capsule per day before breakfast to be ingested with a glass of water.



Made in Germany  
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