



**ARREST
THE
OXALATE
ION**

OchekTM

Capsules of Oxalobacter, Lactobacillus & Bifidobacterium with FOS

La Renon[®]

Ochek™

Capsules of Oxalobacter, Lactobacillus & Bifidobacterium with FOS

Indication –

To lower down the concentration of oxalate ion in the body - the major reason of kidney stone.

Description -

Kidney stones are solid concentrations or crystal aggregations formed in the kidneys from dietary minerals. Kidney stones are often formed of calcium and oxalate. The enzyme needed to break down oxalate is formed of a probiotic Oxalobacter formigenes. People with kidney stones have lower levels of this microbe. In addition long term use of antibiotics depletes it.

Mechanism of Action -

Up to 80% of kidney stones are predominantly composed of calcium oxalate (CaOx)*. Oxalobacter formigenes is a gram negative anaerobic bacterium that metabolizes oxalate in the intestinal tract. The colonization with O. formigenes is associated with a 70% reduction in the risk for being a recurrent calcium oxalate stone former*.

Composition -

Each capsule of OCHEK contains (approx.)–

- a) Oxalobacter formigenes – 700 million.
- b) Lactobacillus acidophilus – 400 million.
- c) Lactobacillus rhamnosus – 300 million.
- d) Bifidobacterium lactis – 300 million.

Dosage –

2 capsules per day or as described by the medical care specialist.

Dietary Suggestions** -

Following lifestyle modification may assist you in even further lowering the recurrence rate of kidney stone

1. Drink lots of fluids - at least three quarts (12 cups) of fluid every day.
2. Avoid food rich in oxalate - peanuts, tree nuts (such as almonds, cashews, hazelnuts), soybeans, soy milk, wheat germ and wheat bran (including cereals), spinach, black tea, instant tea, rhubarb, beets, most dried beans (e.g., black, navy or Great northern), chocolate, and sweet potatoes.
3. For calcium stone – cut back on the salt and sodium in your diet.
4. Check with your doctor or dietitian for advice on the use of vitamin C, vitamin D, fish liver oils or mineral supplements containing calcium.

* Oxalobacter formigenes May Reduce the Risk of Calcium Oxalate Kidney Stones. David W. Kaufman et al. J Am Soc Nephrol 19: 1197–1203, 2008. doi: 10.1681/ASN.2007101058

** Massey, LK. Food Oxalate: Factors Affecting Measurement, Biological Variation, and Bioavailability. JADA. 2007; 107(7): 1191-1194.

La Renon Healthcare

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