

**BIND THE OXALATE IONS**



**OCHEK™**

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.

### 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.
- e) Fructo Oligo Saccharides - 100 mg.

### Description -

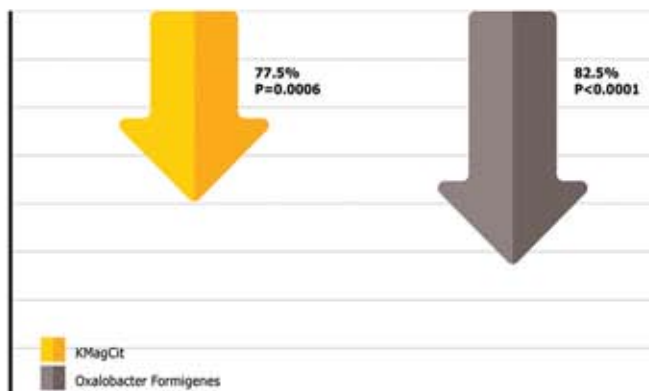
Kidney stones are solid concentrations or crystal aggregations formed in the kidneys from dietary minerals. The life time recurrence rate of kidney stone is approximately 50%\* and 80% of kidney stones are made of calcium oxalate. The enzyme needed to break down oxalate is formed of a probiotic Oxalobacter formigenes. Oxalobacter Formigenes targets calcium oxalate ions in gut and decrease gut oxalate. People with kidney stones have lower levels of this microbe. In addition long term use of antibiotics depletes it.

### Further

SCANDINAVIAN JOURNAL OF UROLOGY:

### States

Incidence of Hyperoxaluria decrease at 1 month treatment compare to base line (82.5% Vs 15%; P<0.0001).\*\*



Study Patients: 80, randomized by computerized block randomization.  
Medication: KMgCit in Dose 30mEq twice daily Ochek Capsule Twice Daily.  
Ochek is more effective in decreasing the incidence of hyperoxaluria than Pot Mag Citrate.

### 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.

\* European Association of Urology;184-190;2006

\*\* Scandinavian Journal of Urology;2168-1805;2015.

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

## La Renon Healthcare

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