

Fibre Health Natural Granular

Product Information

Composition

Each 7g dose contains 3.4g psyllium husk powder. Excipient : sucrose.

Actions

Fibre supplement. Laxative. Restore bowel habit.

Indications

Helps maintain healthy digestive function. Aids or assists in the prevention of constipation. Helps maintain healthy cholesterol levels.

Contraindications

Hypersensitivity to psyllium husk or other listed ingredients. Bowel obstruction. Faecal impaction.

Precautions

Do not administer when abdominal pain, nausea, rectal bleeding or vomiting is present except under medical supervision. Taking this product without adequate fluid may cause it to swell and block the throat or oesophagus and cause choking. This product may cause an allergic reaction in people sensitive to inhaled or ingested psyllium.

Interactions

High fibre products may interfere with the absorption of other medications. Use at least 2 hours before or after any other medications.

Dosage & Administration

Place correct dose into an empty glass. Add at least 250mL of water. Stir briskly & drink immediately. Dosage: Use level 5mL spoon. For bowel regularity & constipation: Adults & Children over 12 years: 2 level spoonfuls 1 – 3 times daily. Children over 6 years: ½ adult dose 1 – 3 times daily under medical advice. Children under 6 years: consult a doctor. For cholesterol control: Adults & Children over 12 years: 2 level spoonfuls 3 times daily.

Adverse Reactions

Bloating & bowel habit change may occur. The following adverse reactions have been reported (incidence rare) - allergic reactions, oesophageal blockage & intestinal impaction.

Pack

Oral powder , non-flavoured : 336g (48 doses) & 504g (72 doses)

Storage

Store below 30°C in a dry place. Shelf life 3 years. Keep out of reach of children.

Poisons Schedule

Nil

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