Generic Name

Psyllium Husk

Brand Slogan

Natural fiber powder for drink

Composition

For Container: Each supplied spoonful (5.38 g) effervescent powder contains active compound of Psyllium Husk 3.5 g.

For Sachet: Each LaxovaTM sachet contains Ispaghula husk (*Plantago ovata*) 3.5 gm.

Description

Why we should take LaxovaTM?

Psyllium Husk powder is a mild laxative and it contains 80% soluble fiber and 20% insoluble fiber. Psyllium Husk is capable of absorbing up to 40 times of water of its own weight and part of its activity can be attributed to its action as a simple bulking agent. The main chemical ingredient of Psyllium Husk is mucilage; very useful in chronic constipation, piles or haemorrhoid. It is also helpful for the treatment of colon cancer. It has also soothing effects on the gastric & intestinal mucosa and hence effective in gastric irritation and ulceration. It works by increasing bile acid loss from the body by trapping bile acids in the small intestine. Since cholesterol is used in the production of bile acids, cholesterol levels in the blood are reduced when more bile acid is made. High-fiber meals of Psyllium Husk significantly increase the production of a hormone called glucagon-like peptide-1 (GLP-1), a hormone known to reduce blood sugar levels that are suitable for obese & diabetic patients.

What are the unique features of LaxovaTM?

- LaxovaTM is made from Psyllium Husk with the help of speed ultrafine milling machine to reduce the particle size of Psyllium Husk Powder. Small particle size of Psyllium Husk increase the volume of swelling capacity that is much more effective to increase the stool mass than the ordinary Psyllium Husk.
- Easy mix formula.
- Sugar free.
- Orange flavored drink.
- Gluten free (can be taken by celiac disease patients).
- Non-genetically modified.

What are the advantages of effervescent LaxovaTM uses?

• Effervescent containing Psyllium Husk mix with water quickly

than ordinary Psyllium Husk, as consequence it to be taken after mixing instantly.

• Psyllium Husk quick eliminate the storaged gas from stomach through the belching process because in addition of effervescent agent.

Indication

- Relieves constipation.
- Relieves piles & haemorrhoids.
- Eases irritable bowel syndrome.
- Helps to control diabetes.
- Helps to lower cholesterol level.
- Diminishes obesity.
- Improves cardiac health.

Dosage & Administration

For Container: • Adult and Child over 12 years: 1 spoonful (supplied spoon) LaxovaTM with water 2 times daily in the morning and evening or as directed by the physician.

- Children 6 to 12 Years: 1/2 to 1 spoonful (supplied spoon) LaxovaTM with water 2 times daily in the morning and evening or as directed by the physician.
- Children below 6 Years: Not recommended except as directed by the physician.

 $Laxova^{TM}$ should be taken after meal. An additional glass of water is helpful after taking $Laxova^{TM}$.

For Sachet: 1 Sachet before breakfast or before bed time with one glass of water.

LaxovaTM should be taken after meal. An additional glass of water is helpful after taking LaxovaTM.

Side Effects

Flatulence, mild abdominal distension & gastro-intestinal obstruction may occur in rare cases.

Contraindication

Contraindicated in patients who have gastrointestinal tract obstruction or threatening obstruction of the bowel.

Use in during pregnancy and lactation

Psyllium Husk Powder is not absorbed into the bloodstream and does not pass into breast milk. Therefore, It can be used safely during pregnancy & lactation.

Storage

Store in a cold place below at 30° C, protect from light & keep the moisture. Keep out of reach of the children.

Presentation

For Container: Each plastic container of LaxovaTM contains 130 gm orange flavored formulated Psyllium effervescent powder and a dose measuring spoon.

For Sachet: Each commercial box of LaxovaTM contains 20 sachets.