

Arubin[®]

Nabayas Louha Herbal Haematinic

Composition:

Each **Arubin[®]** capsule contains: *Zingiber officinale* 50 mg, *Piper nigrum* 50 mg, *Terminalia chebula* 50 mg, *Emblica officinalis* 50 mg, *Terminalia bellirica* 50 mg, *Cyperus rotundus* 50 mg, *Plumbago zeylanica* 50 mg, *Cuminum cyminum* 50 mg & Carbonyl iron 50 mg.

Description:

- *Zingiber officinale*: Principal constituents are Zingiberene (α and β zingiberene) and zingiberol used as a carminative and stimulant to the gastro-intestinal tract. It has antifatulent effect.
- *Piper nigrum*: Principal constituents are piperine, chavicine, piperidine and piperettine. It is a stimulant and used in dyspepsia and flatulence.
- *Terminalia chebula*: Principal constituents are chebulagic acid, chebulinic acid and corilagin. It acts as a gentle laxative and helps in smooth evacuation.
- *Emblica officinalis*: It is also called Amalaki. Fruit contains phyllembin and curcuminoides. It is rich in nutrition, vitamin C, minerals and amino acids. It increases absorption of iron. In combination with iron, it is used as a remedy for anemia and jaundice.
- *Terminalia bellirica*: Fruit bark contains β -sitosterol, gallic acid and chebulagic acid. It is used in dropsy, piles and diarrhea.
- *Cyperus rotundus*: The major constituent is cyperine. It is carminative, stomachic and stimulant.
- *Plumbago zeylanica*: The root bark contains plumbagin. It has been used in anemia and rheumatism.
- *Cuminum cyminum*: It contains large amount of zinc and folic acid.
- Carbonyl Iron: Indicated in anemia, fatigue, stunted growth, increased maternal morbidity, and fetal distress.

Indication:

- Iron deficiency anemia
- Anemia due to malnutrition
- Loss of appetite and debility

Dosage and administration:

Adult: 1 capsule should be taken daily before meal.

Children: Not recommended for children under 12 years of age.

Side effects:

Arubin[®] capsules are not known to have any side effects if taken as per prescribed dosage.

Contraindication:

There is no evidence available on contraindication but it may rarely happen in patients who are hypertensive to any of its ingredients.

Use in pregnancy and lactation:

The safety of **Arubin[®]** capsule in pregnancy has not been established. Therefore, it should be used with caution during pregnancy and only if the benefits to the mother is higher than the risks to fetus.

Studies not available concerning the passes of the ingredients of **Arubin[®]** capsule into breast milk. Though it is not documented but for the safety it should be used with caution for nursing mothers according to the advice of a physician,

Drug interaction:

No clinically important drug interactions have been reported.

Storage:

Store at cool and dry place below 30° c temperature away from direct sunlight & moisture. Keep the medicine out of the reach of children.

How supplied:

Arubin[®] capsule: Each box contains 30 capsules in blister pack.

Manufactured by

SQUARE PHARMACEUTICALS LTD.

AYURVEDIC DIVISION

BSCIC, Pabna, Bangladesh

www.squarepharma.com.bd

