

Plantago ovata husk

Ispergul®

Available in Lime & Orange flavor

COMPOSITION

Each **Ispergul®** sachet contains Plantago ovata husk 3.50 gm. Each **Ispergul®** container contains Plantago ovata husk 120 gm.

DESCRIPTION

The husk and seed of *Plantago ovata* is commonly known as psyllium or Ispaghula. Psyllium is widely used as a fibre supplement for the treatment of constipation. Psyllium husk is obtained by milling the seed of *P. ovata*.

ACTIVE CONSTITUENTS

Psyllium is classified as a mucilaginous fibre due to its powerful ability to form a gel in water. This ability comes from its role as the endosperm of the *P. ovata* seed, where its function is to retain water in order to prevent the seed from drying out. Psyllium husk contains - high proportion of hemicellulose; Arabinose; Rhamnose Galacturonic acid units (arabinoxylans); 35% soluble and 65% insoluble polysaccharides.

INDICATION AND USES

Ispergul® is a bulk forming laxative. It is indicated in constipation, hemorrhoids and ulcerative colitis. It also reduces hyperlipidemia, postprandial diabetes mellitus & IBS.

DOSAGE AND ADMINISTRATION

Adult: 1 tea spoonful (3.5 g to 6.0 g) powder 2 to 3 times daily with a glass of water. Children (6 to 12 year of age): 2 g to 3.5 g (½ to 1 tea spoonful powder) 2 to 3 times daily with a glass of water. The daily dosage ranges from 12 to 40 g. The powder products should be administered as 1 teaspoonful (3.5 g to 6.0 g) in 150 ml cool water or fruit juice and to be stirred or shook for 5 to 10 second. The dose should be taken 30 to 60 minutes before or after taking other medication.

ADVERSE REACTIONS AND PRECAUTION

Incorrect administration procedure (with too little fluid) can cause the product to swell and lead to obstruction of the esophagus or intestine, particularly with older people. Patients with exocrine pancreatic insufficiency should avoid use of Psyllium due to its inhibitory actions on pancreatic lipase.

CONTRAINDICATIONS

Psyllium is contraindicated in patients who have pathological narrowing in the GIT, intestinal obstruction, faecal impaction, difficulty swallowing or esophageal narrowing or difficulties in regulating diabetes mellitus.

DRUG INTERACTION

Concurrent use of licorice, laxatives and antidiabetic agents may result in increased risk of hypokalemia and hypoglycemia. Carbamazepine bio-availability may reduce during concomitant administration of psyllium seed.

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USE IN PREGNANCY AND LACTATION

No adverse effects of **Ispergul®** have been reported.

STORAGE

Store at dry place below 30°C temperature away from direct sunlight & moisture.

HOW SUPPLIED

Ispergul® Each HDPE container contains 120 g powder. **Ispergul®** Each box contains 15 Sachets in 3.5 gm.



Manufactured by
SQUARE PHARMACEUTICALS PLC.
HERBAL DIVISION
BSCIC, Pabna, Bangladesh