

# Fecilax

Powder

Psyllium & Senna extract

Herbal Medicine

## Composition

Each tea spoonful (5.38 g) of Fecilax powder contains Psyllium fiber 3.5 g and standardized Senna extract equivalent to Sennoside B 7.5 mg as active ingredients with excipients as required .

## Description

Fecilax has documented laxative effect for Psyllium or Ispaghala husk powder (*Plantago ovata*) and standardized Senna extract (*Cassia angustifolia*). When one spoonful of powder is mixed with water it forms an orange colored and flavored drink.

Psyllium (bulk-forming laxative) contains mucilage and Senna extract (stimulant laxative) contains hydroxyanthracene glycosides (as Sennoside B) that helps to relieve constipation and normalizes bowel action. The additive effect of Fecilax is ensured for its combination partners. This special combination preparation accelerates intestinal passage and increases water absorption to increase filling pressure. Fecilax helps to reduce pain by easy bowel evacuation with soft stool for patients who are suffering from haemorrhoids (piles), rectal surgery and colon cancer. It has soothing effects on gastric and intestinal mucosa, gastric irritation and ulceration. Fecilax helps to maintain serum cholesterol and blood glucose level.

## Unique Features of Fecilax

Fecilax powder is made from small particles of Psyllium fiber powered by Sennoside B that ensures high swelling capacity to increase stool mass.

- Sugar free
- Orange flavored fiber drink
- Herbicides & pesticides free
- Gluten free (can be taken by celiac disease patient)
- Non-genetically modified

## Direction for Preparation

Take 1-2 spoonful Fecilax powder with the provided spoon

Put Fecilax powder into an empty glass

Fill the glass with 150 ml water, stir and drink immediately

## Indications and Uses

- Constipation
- Hemorrhoids or Piles
- Bowel regulation for bedridden patients

## Dosage and Administration

**Route of administration :** Oral.

Adults and children over 12 years old : 1-2 tea spoonful at night with at least 150 ml water. Fecilax can be taken with fruit juice, milk and warm drink. Fecilax should not be taken until ½ to 1 hour after intake of other medications. Continuous use for more than 2 weeks requires medical supervision.

**OR AS DIRECTED BY THE PHYSICIAN.**

## Contraindications

Contraindicated for patients with pathological narrowing in gastrointestinal tract, intestinal obstructions, difficult to control diabetes mellitus, acutely inflamed intestinal diseases, e.g. Crohn's disease, ulcerative colitis, appendicitis and abdominal pain of unknown origin. Contraindicated for children under 12 years old.

## Warning & Precaution

Do not use the drug after expiry date.

## Undesirable Effects

Occasionally allergic reaction may occur. Chronic use may cause loss of electrolytes (Potassium) that will reverse upon discontinuation.

## Pregnancy and Lactation

Recommended but special precaution should be taken during first trimester of pregnancy.

## Drug Interactions

Chronic use may causes potassium deficiency which may increase the effectiveness of cardiac glycosides and may influence the action of antiarrhythmic drugs. Potassium deficiency can be increased by simultaneous application of thiazide diuretics, corticoadrenal steroids. A reduction of dose of insulin may be necessary for insulin dependent diabetic patients. The absorption of concurrently administered drugs can be delayed.

## Overdose

Overdose may alter electrolyte and water balance.

## Storage

Store below 30° C temperature & dry place, protected from light.

Keep all medicines out of reach of the children.

## Packing

**Fecilax Powder :** Each pack contains 100 g formulated powder of Psyllium fiber with senna extract in a container with measuring spoon.

Drink immediately after preparation

Keep tightly closed after each use.



Manufactured by

**The ACME Laboratories Ltd.**

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