



S- CLEAN

Ispaghula (Plantago ovata) 120mg

Description :

The main ingredient of S-CLEAN is Ispaghula (*Plantago ovata*). Psyllium is a bulk-forming laxative. This means it soaks up water in your gut and makes bowel movements much easier. It also helps promote regularity without increasing flatulence. It can be used as a one-off to ease constipation, or it can be added to your diet to help promote regularity and overall digestive health.

Composition : Each 5 gram S-Clean powder contains extract of *Ispaghula* 03mg and other ingredients with excipients as needed.

Chemistry :

Hemicellulose, xylan, arabinose, rhamnose, galacturonic acid units (arabinoxylans), lignin, cellulose.

Medicinal Use :

Chronic constipation, colitis, diarrhoea, dysentery, urethritis, ulcers, gastritis, blood cholesterol LDL level, high triglycerides. Affections of kidney and bladder.

Indication & Uses :

- Relief of constipation
- including constipation in pregnancy and the maintenance of regularity
- for the management of bowel function in patients with colostomy
- ileostomy
- haemorrhoids
- anal fissure
- chronic diarrhoea associated with diverticular disease
- irritable bowel syndrome and ulcerative colitis

Dosage & administration :

Adult : 5.0gm or 1 sachet 2 to 3 times daily with a glass of water.

Children : 2.0gm - 3.0gm 2 to 3 times daily with a glass of water.

The daily dosage ranges from 12gm to 40gm. The powder products should be administered as 1 tea spoonful (5.0gm) with 150ml water or fruit juice. The dose should be taken 30 to 60 minutes before or after taking other medication.

Side effects :

a) Stomach cramping: Cramps may arise, In such a scenario stop using psyllium husks and seek the advice of your health care professional immediately.

Allergic Reactions: In case you face any allergic reactions (which are unusual), Consult your doctor soon for the right treatment.

Drug interactions :

There are no verifiable reports of drug-herb interactions with any *Plantago ovata* product.

Pregnancy & lactation :

S-CLEAN (*Plantago ovata*) is safe to take during pregnancy and nursing mothers. You should be careful to only purchase *Plantago ovata* from a reputable manufacturer and only as a single herb preparation like **S-CLEAN**.

Storage : Keep in a cool, dry place & away from direct sunlight.

Presentation : 120gm Container & 24 x 5gm box.

D.A.R. No. : AY-91-A-32

Manufacturing Licence no. : Ayu-073

Manufactured by : Ergon Pharmaceuticals (Ayu)

Manufacturing Experience : Since 1984



Manufactured by :

Ergon Pharmaceuticals (Ayu)

Jail Road, Kasor, Mymensingh, Bangladesh.