

Ispaghula husk 3.5g granules for oral suspension

What is YourFIBRE?

YourFIBRE is a high fibre bulking agent food supplement containing 3.5g ispaghula husk.

It is an excellent source of pleasant orange tasting, water soluble fibre in an easy-to-use sachet.

YourFIBRE is a food supplement and should not be used as a substitute for a balanced and varied diet.

What is Ispaghula Husk?

Ispaghula husk is the name given to the seed coats of the small bushy herb, *Plantago Ovata*.

The fibre contained within these seed coats is comprised of soluble fibre which absorbs liquid.

This results in its bulking agent effects in the intestine.

What is Ispaghula Husk used for?

Ispaghula husk can support the normal gastrointestinal tract function by increasing the fibre content of your diet.

Dietary fibre is important as it increases the size and weight of stool, making it easier to pass and maintain bowel health.

Who can take YourFIBRE sachets?

Adults, elderly and children over the age of 12 years.

YourFIBRE is suitable for Vegetarians and is gluten and sugar free.

If you are under medical supervision or are allergic to any of the ingredients, have or have had bowel obstruction, muscle weakness of the bowel wall or difficulty swallowing you should discuss the suitability of this food supplement with your doctor or pharmacist before taking.

How to take YourFIBRE

Mix one sachet in about 150ml (quarter pint) of cool water, stir well and drink immediately.

For YourFIBRE to be most effective, you should drink another glass of liquid after taking YourFIBRE.

How much should you take?

One sachet, dissolved in water, can be taken between one and three times daily.

A minimum of 6-8 glasses of water should be consumed daily when taking YourFIBRE.

Do not exceed the stated daily dose.

Are there any side effects?

An increased fibre diet can lead to flatulence and bloating.

If you have any concerns or experience any ill effects contact your doctor or pharmacist for advice.

What should I do if I take too much?

It is unlikely taking too much fibre has any serious side effects.

In the event of taking more than the recommended dose, contact your doctor or pharmacist as soon as possible.

Interactions with other medication

If you take medication, you should wait one hour before taking YourFIBRE.

You should consult your doctor if you take thyroid or diabetes medication before taking this product.

Ingredients

Irradiated Ispaghula Husk (*Plantago Ovata*) (84%), pre-gelatinised starch, citric acid monohydrate, natural flavouring, sweetener (aspartame), colour (beta-carotene).

2.6g of fibre per sachet.

Storage

Store below 30°C.

Keep out of the sight and reach of children.

Contents of the pack

There are 30 individual sachets of YourFIBRE in each carton.

If you would like further information about this product, please contact:
Your Products Limited, 118 Pall Mall, London, SW1Y 5EA | info@yourproducts.co.uk