



# 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 *Ispagula hawk* 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.