

# Gutgel®

Container  
Effervescent powder

Psyllium husk

## What is Gutgel®?

Each spoonful of Gutgel® effervescent powder contains 3.5 gm of psyllium husk as an active ingredient. When the powder is mixed with water it forms an orange flavored drink that helps to relieve constipation & regularize bowel.

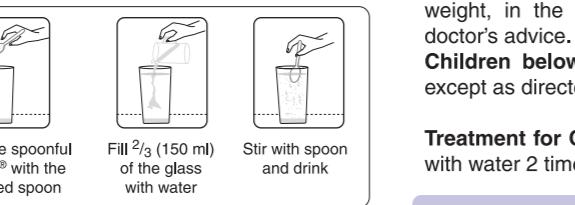
## Why should we take?

Psyllium is a mild laxative & it contains 80% soluble fiber. The main chemical ingredient of psyllium is mucilage; very useful in chronic constipation, piles or hemorrhoids & colon cancer. It has also soothing effects on the gastric & intestinal mucosa and hence effective in gastric irritation and ulceration. Psyllium also lowers serum cholesterol level (LDL) & maintains blood glucose level.

## What are the unique features?

- Sugar free
- Gluten free (Can be taken by celiac disease patient)
- Non-genetically modified

## How to prepare?



Gutgel® with water depending on age and weight, in the morning and night or as per doctor's advice.

**Children below 6 years:** Not recommended except as directed by the physician.

**Treatment for Obesity:** 2 spoonful of Gutgel® with water 2 times in a day before meal.

An additional glass of water is helpful after taking Gutgel®.

## Herbal Medicine

### Storage

Store below 30°C and protect from light & moisture. Keep out of reach of children.

### Packs

**Gutgel® (effervescent powder):** Each carton contains 120 gm formulated psyllium effervescent powder in a plastic container with a dose measuring spoon.

## Drink immediately after preparation.

### Side effects

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

### Contraindication

Contraindicated in patients with gastrointestinal tract obstruction or threatening obstruction of the bowel.

### Dosage

**Adults and children over 12 years:**

1 spoonful

of Gutgel® with water 2 times daily or as per doctor's advice.

**Children 6 to 12 years:**

1/2 to 1 spoonful of

Gutgel® with water 2 times daily or as per doctor's advice.

No significant interaction has been observed with other medicines.



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