

RE-Lax

Psyllium Husk with Senna Leaf

- Orange Flavour
- Natural Fiber Drink
- Gently Relieves Constipation
- Maintains Bowel Regularity
- Regularizes Bowel
- Reduces Cholesterol

Description :

Re-Lax powder contains Psyllium Husk with Senna Leaf as an active ingredient. When the powder is mixed with water it forms an orange flavoured drink that helps to relieve constipation & regularize bowel.

Why should we take Re-Lax :

The laxative properties of Psyllium are due to the swelling of the powder when it comes in contact with water. The polysaccharides in Psyllium that form into a gel in the intestine also lubricate stool contents and provide greater ease during defecation. The resulting bulk stimulates a reflex contraction of the walls of the bowel, followed by emptying. Studies exploring the mechanism of the laxative effects of Psyllium have been somewhat conflicting, but have generally revealed an increase in bowel movements daily, an increase in wet and dry stool weight, and a decrease in total gut transit time with Psyllium administration. In persons with diarrhea, the mucilage may increase the water-holding capacity and viscosity of stools, which delays gastric emptying and improves stool consistency. Psyllium maintains remission in ulcerative colitis.

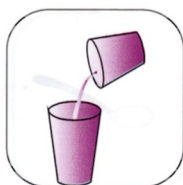
Directions for use:



Take one
spoonful powder with
the provided spoon



Put powder into an
empty glass



Fill glass with
water stir & drink
as quickly as possible

Composition : Each 6.04 gm contains Psyllium Husk Powder 3.5 gm & Standardize Senna Leaf Dry Extract 2.54 gm and other ingredients with required excipients.

Indication : Chronic Constipation, Irritable bowel syndrome (IBS), Hemorrhoids or piles, Hypercholesterolemia.

Dosage : Usual dose : 1 spoonful 1-3 times daily with water or as per reg. doctor's advice.

Adults and children over 12 years : 1 spoonful with water 2 times daily or as per reg. doctor's advice.

Children 6 to 12 years : 1/2 -1 spoonful with water depending on age and size, in the morning and at bed time or as per reg. doctor's advice.

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

An additional glass of water is helpful. Continued use for 2 to 3 days may be necessary for optimal effect. It is best to take Re-Lax after meals but do not take medicine just before going to bed.

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

Side effect : Flatulence or no significant side effect has been observed.

Pregnancy : Safe in pregnancy.

Drug Interaction : No significant interaction has been observed with other medicine.

Manufactured by :
BEXTER BEXTER PHARMACEUTICALS
(Herbal Division)
Bogura, Bangladesh.

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Drink immediately after Mixing.