

Fine Ispaghul

**FIBERHUSK**<sup>TM</sup> Sachets

فائبر ہسک  
سائیلیم ہسک ۳۵۰۰ ملی گرام

Psyllium Husk...3500mg

- **Relieves Constipation**
- **Reduces Hyperacidity**
- **Decreases Cholesterol**
- **Regulates Bowel Movement**

**Sugar Free**



### Description

Fiberhusk consists of natural Psyllium husk fibers with a fine texture, utilized as a dietary fiber to relieve from constipation. It also helps in reducing blood cholesterol levels. Our bodies require both soluble and insoluble fibers to promote smooth digestion and overall health. Fiberhusk contains a balanced combination of both types of natural dietary fibers. Psyllium husk, being an indigestible soluble fiber, absorbs water in the digestive tract, forming a gel-like mass that adds bulk to stool, facilitates easier passage and improves bowel movement by reducing constipation. With no added sugar or sodium, it is suitable for individuals with diabetes and high blood pressure.

INGREDIENTS	STRENGTH	BENEFITS
Psyllium husk	3500mg	Relieves constipation by enhancing stool bulk.

### Usage

- Relieves the constipation in Natural way
- Reduces abdominal pain and bloating (flatulence ) that may occur with constipation
- Helps to deal with diarrhoea
- Helps to manage appetite
- Regulates the Normal Intestine functions
- Reduces hyperacidity
- Decreases the level of cholesterol in Blood
- Prevents the risk of heart disease
- Reduces weight and maintain sugar levels
- Helps in treatment of piles and anal Fissure

### How to take Fiberhusk sachet

It is recommended to dissolve the content of one sachet in 240ml of water, 2 to 4 times daily (drink plenty of water for better effects).

Do not take Fiberhusk sachet

- For children below 6 years
- If allergic to Psyllium husk
- In case of blockage of bowel or muscle weakness of the bowel
- In case of nausea and vomiting.

### Precautions

- Do not take immediately before going to bed.
- Should not be taken without water.

### Consult your doctor if

- Taking any other medicines or having any medical conditions (Liver and Kidney problems)
- Pregnant/nursing mother or have abnormal blood pressure.
- Any sort of swelling in intestines is experienced

### Side effects

No side effects reported.

### Special precautions for storage

- Keep out from the reach of children.
- Do not take after the expiry date, stated on the outer package and sachet after EXP.
- Store at room temperature and protect from sunlight, heat and moisture.

### Packing

Each carton contains 10 Fiber husk sachets in an orange flavour.

### Disclaimer

This product is a nutritional supplement and not intended for treatment of any disease.

خصوصی احتیاطی تدابیر:

- بچوں کی پہنچ سے دور رکھیں۔
- میعاد ختم ہونے کی تاریخ کے بعد نہ لیں، جو بیرونی پیکج اور ساشے پر درج ہے۔
- کمرے کے درجہ حرارت پر رکھیں۔ گرمی، سورج کی روشنی، گرمی اور نمی سے محفوظ رکھیں۔

Nutraceutical: Not for treatment of any disease

نیوٹراسیوٹیکل : یہ پراڈکٹ کسی بیماری کے علاج کے لیے نہیں ہے۔

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