

**Brand Name: FIBO-FIBER POWDER**

**Composition:** Hi-Fiber Isabgol

**Dosage Form:** Powder

**Category:** Ayurvedic Digestive & Laxative Supplement

**Packaging Type:** HDPE

**Packaging:** 100 GM

**Brief Product Introduction:**

FIBO-FIBER POWDER is a natural, fiber-based digestive formulation manufactured by **AstraEureka Pharmaceutical**. It combines **Isabgul Husk**, **Nimbu Satva**, and **Sarjika Kshar** to support healthy bowel function, relieve constipation, and maintain overall digestive health. This ayurvedic blend acts gently on the intestines, promotes regularity, and provides a refreshing lemony taste. Suitable for daily use, it is non-habit forming and safe for long-term use.

**Composition:**

- Isabgul Husk A.B (Plantago Ovata) Powder.....64.50%
- Nimbu Satva A.B (Citrus Acid) Crystal.....10.00%
- Sarjika Kshar A.B (Aasta Enemonindicaum) Powder.....08.52%
- Excipients.....q.s.

**Key Ingredients:**

- **Isabgul Husk (Plantago Ovata):** A natural bulk-forming laxative that absorbs water and softens stools, facilitating easy defecation.
- **Nimbu Satva (Citrus Acid Crystals):** Enhances taste, improves digestion, and supports a refreshing gastrointestinal effect.
- **Sarjika Kshar (Alkaline Salt of Plant Origin):** A traditional ayurvedic antacid and digestive agent that helps in reducing acidity and bloating.

**Key Benefits:**

1. Provides effective relief from constipation and irregular bowel movements
2. Promotes natural and smooth evacuation
3. Supports healthy digestion without causing dependency
4. Reduces gas, acidity, and bloating
5. Enhances gut motility and helps maintain bowel regularity
6. Suitable for adults, elderly, and patients with sedentary lifestyle-related constipation

### **Indications:**

1. Chronic or occasional constipation
2. Digestive discomfort and bloating
3. Acidity and hyperacidity
4. Flatulence and abdominal heaviness
5. Helps maintain healthy bowel function in diabetic and elderly individuals

### **Directions for Use:**

1. Mix 1 to 2 teaspoons (approximately 5–10 gm) in a glass of water (150–200 ml)
2. Stir well and consume immediately
3. Drink an additional glass of water after intake
4. Preferably taken at bedtime or as directed by the physician

### **Dosage and Administration:**

1. **Adults:** 5–10 gm once or twice daily, with sufficient water
2. **Children (above 6 years):** 2.5–5 gm once daily under supervision
3. Can be used daily or as needed
4. Ensure adequate fluid intake throughout the day to enhance effectiveness

### **Safety Information:**

1. Always take with plenty of water
2. Do not take the powder dry
3. Avoid use in patients with swallowing difficulties unless under supervision
4. Not recommended for acute or surgical abdomen cases
5. Pregnant or breastfeeding women should consult a healthcare provider before use
6. Safe for long-term use under proper dosage

### **Mechanism of Action:**

- **Isabgul Husk** absorbs water in the intestine, swells, and forms a gel-like mass that stimulates peristalsis and softens stools for easy passage.
- **Nimbu Satva** provides a mild acidic environment, improves taste, and assists in digestion.
- **Sarjika Kshar** acts as an antacid and helps in neutralizing excess gastric acid while promoting the breakdown of food in the stomach.  
This combination ensures gentle, effective bowel movement and improved gut function without causing dehydration or dependency.

**Contraindications:**

1. Hypersensitivity to any ingredient
2. Intestinal obstruction or fecal impaction
3. Severe abdominal pain of unknown cause
4. Rectal bleeding or nausea/vomiting unless under physician supervision
5. Children under 6 years unless prescribed

**Side Effects:**

1. Mild bloating or gas (temporary)
2. Rarely, abdominal cramps or nausea
3. Allergy or hypersensitivity (very rare)
4. May cause choking if not taken with adequate fluids

**Important Notice:**

- FIBO-FIBER POWDER is a dietary supplement for natural relief from constipation and is not intended to treat or cure any medical condition.
- Prolonged constipation may indicate an underlying disorder—consult a physician for persistent symptoms.
- Always follow dosage as per the healthcare provider's advice.

**Storage Condition:**

1. Store in a cool, dry place away from moisture
2. Keep the container tightly closed after use
3. Protect from direct sunlight
4. Keep out of reach of children

**Packing Information:**

- Packaging Type: HDPE Tin Pack
- Pack Size: 100 GM