

Lactitol (10gm) + Ispaghula (3.5gm)

## **lactyle Granules**

**Lactitol (10 g) + Ispaghula Husk (3.5 g) Granules**

**Formulation Type: Oral Granules**

**Category: Osmotic Laxative + Bulk-forming Laxative**

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### **Description**

This combination of Lactitol and Ispaghula Husk is a dual-action laxative that provides relief from constipation. Lactitol acts as an osmotic laxative, while Ispaghula Husk is a bulk-forming agent that helps regulate bowel movements naturally. Together, they offer a safe and effective solution for chronic and occasional constipation.

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### **Composition (Per Sachet):**

- 1. Lactitol (10 g):**
  - A synthetic sugar alcohol that retains water in the intestines, softening stools and increasing bowel motility.
- 2. Ispaghula Husk (3.5 g):** ○ A natural fiber that absorbs water to form a gel-like substance, adding bulk to the stool and promoting smooth passage.

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### **Indications**

- 1. Chronic Constipation**
- 2. Irritable Bowel Syndrome (IBS) with Constipation**
- 3. Constipation During Pregnancy or PostSurgery (under medical advice)**

- 4. Prevention of Straining: Suitable for conditions like hemorrhoids or anal fissures.**

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### **Dosage and Administration**

#### **Adults:**

- **1 sachet once or twice daily, or as directed by a healthcare professional.**

#### **Administration Instructions:**

- 1. Mix the granules in a glass of water (150–200 mL).**
- 2. Stir well and consume immediately.**
- 3. Drink an additional glass of water after taking the dose to ensure adequate hydration.**

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### **Mechanism of Action**

#### **1. Lactitol:**

- Acts as an osmotic laxative by increasing water retention in the colon, softening the stool, and stimulating bowel motility.

- 2. Ispaghula Husk:** ○ Absorbs water to form a viscous gel that adds bulk and softens the stool. This stimulates peristalsis and facilitates stool passage.

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### **Pharmacokinetics**

- **Lactitol:** Minimally absorbed and primarily metabolized by colonic bacteria into short-chain fatty acids.
- **Ispaghula Husk:** Not absorbed; acts locally in the gastrointestinal tract.

- **Suitable for patients with hemorrhoids or those recovering from surgery to prevent straining.**

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### Contraindications

- **Intestinal obstruction or ileus**
- **Severe abdominal pain of unknown origin**
- **Galactosemia (for Lactitol)**
- **Known hypersensitivity to any component of the formulation**

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### Warnings and Precautions

1. **Hydration:** Ensure adequate fluid intake to avoid intestinal blockage with fiber supplements.
2. **Diabetes:** Use with caution in diabetic patients as lactitol is a sugar derivative.
3. **Pregnancy and Lactation:** Safe when used under medical supervision.

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### Adverse Effects

**Generally well-tolerated. Rare side effects may include:**

- **Abdominal bloating or cramps (temporary)**
- **Flatulence**
- **Diarrhea (if overdosed)**

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### Benefits

- **Provides dual-action relief from constipation by softening stools and adding bulk.**
- **Safe for long-term use under medical supervision.**

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### Storage

- **Store below 25°C in a dry place, away from direct sunlight and moisture.**
- **Keep out of reach of children.**

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### Key Points for Use

- **Best taken after meals for optimal results.**
- **Regular physical activity and a fiber-rich diet complement the action of this medication.**
- **Consult a healthcare provider if constipation persists beyond 7 days.**

**Note: Always use under the guidance of a healthcare professional.**

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