

# Hepalogy Sachet

## L-Ornithine L-Aspartate (3g) Sachet

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### Description

L-Ornithine L-Aspartate (3g) Sachet is a dietary supplement designed to support liver health and improve metabolic function. L-Ornithine and L-Aspartate are amino acids that work synergistically to promote the detoxification of ammonia in the liver, enhance liver cell regeneration, and support the body's nitrogen balance. This combination of amino acids is particularly beneficial in conditions involving liver dysfunction, such as cirrhosis or hepatic encephalopathy, by improving the liver's ability to process and eliminate toxins from the bloodstream.

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### Composition

Each sachet contains:

- L-Ornithine L-Aspartate: 3g

Excipients:

- Various inactive ingredients (e.g., sweeteners, flavoring agents) for taste and dissolution.
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### Indications

L-Ornithine L-Aspartate (3g) Sachet is used for:

- Supporting liver function in patients with liver diseases like cirrhosis, fatty liver, or hepatitis.
- Reducing elevated ammonia levels in the bloodstream, which can occur in cases of liver failure or hepatic encephalopathy.
- Promoting detoxification by aiding the body's natural elimination of waste products.
- Supporting overall metabolic function and nitrogen balance in the body.

### Dosage and Administration

- **Adults:**
  - Take one sachet (3g) once daily, or as directed by your healthcare provider.
  - The contents of the sachet should be dissolved in a glass of water (about 100-150ml) and consumed immediately.
- **Children:**
  - The use of L-Ornithine L-Aspartate in children should only be under the guidance of a healthcare professional.

**Note:** The dosage may vary based on individual health conditions, so it's important to follow the instructions provided by a healthcare provider.

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### Contraindications

L-Ornithine L-Aspartate (3g) Sachet should not be used in:

- Hypersensitivity or Allergy to L-Ornithine, L-Aspartate, or any other ingredients in the formulation.
  - Severe kidney disorders: People with renal impairment should consult a doctor before using this product.
  - Pregnancy and breastfeeding: While L-Ornithine L-Aspartate is generally considered safe, its use during pregnancy and breastfeeding should only be done under the guidance of a healthcare provider.
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### Warnings and Precautions

- **Kidney Function:** As L-Ornithine L-Aspartate is processed through the kidneys, it should be used with caution in individuals with kidney dysfunction.
- **Ammonia Levels:** If you have any liver disease, consult a doctor before use, especially

if you are prone to high ammonia levels in the blood.

- **Use in Hepatic Encephalopathy:** While L-Ornithine L-Aspartate is often used in liver diseases like cirrhosis, patients with hepatic encephalopathy should be closely monitored during treatment.
- **Interactions with Medications:** If you are taking other medications for liver function or related conditions, consult your healthcare provider before starting L-Ornithine L-Aspartate.

- **Keep out of reach of children.**
- **Do not use if the sachet is damaged or if the expiry date has passed.**

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## Side Effects

Common side effects of L-Ornithine L-Aspartate are generally mild and may include:

- **Gastrointestinal discomfort** such as bloating, gas, or mild stomach upset.
- **Headache or dizziness** in some cases.

Serious side effects are rare, but if any of the following occur, discontinue use and consult a doctor:

- **Severe allergic reactions** such as rash, itching, or swelling of the face or throat.
- **Signs of worsening liver disease** (e.g., jaundice, unusual fatigue, abdominal pain).

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## Drug Interactions

- **Ammonia-lowering treatments:** If you are already taking medications for lowering ammonia levels, discuss potential interactions with your healthcare provider.
- **Other liver medications:** Be cautious when combining this supplement with other medications for liver health, especially those affecting ammonia metabolism.

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## Storage Instructions

- **Store the sachets in a cool, dry place** at room temperature (below 25°C).

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## Presentation

- **Form:** Powdered sachet for oral suspension.
- **Pack Size:** Available in boxes containing multiple sachets, each containing 3g of L-Ornithine L-Aspartate.

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## Conclusion

L-Ornithine L-Aspartate (3g) Sachet is an effective supplement for supporting liver health and improving ammonia detoxification. It is ideal for individuals suffering from liver dysfunction or conditions that result in increased ammonia levels. By promoting better nitrogen balance and detoxification, it supports overall liver function and metabolic health. Always follow the recommended dosage and consult a healthcare provider, especially if you have pre-existing liver or kidney conditions, or if you are pregnant or breastfeeding.

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