

		<p>Holder of marketing authorisation:</p> 	<p>1 capsule contains: 500 mg Plantago ovata, Forsk. (syn.P.ispaghula Roxb), Seminis tegumentum (psyllium husks).</p> <p>To be kept out of reach of children. Can be used during pregnancy and when breastfeeding. Read the patient information leaflet before use.</p>
	<p>393262/3</p>	<p>PSYLLIUM-HUSK CAPSULES</p>	<p>Use:</p>
<p>5 707657 030033</p> 	<p>W. Ratje Froeskaller Aps Kirstinehoej 34 · DK-2770 Kastrup</p>	<p>HERBAL MEDICINE</p> <p>To be used for</p> <ul style="list-style-type: none"> • ELEVATED CHOLESTEROL LEVELS • CONSTIPATION AND SLOW BOWEL • IRRITABLE BOWEL SYNDROME (IBS) • DIARRHOEA <p>Non-prescription medicine</p> <p>225 capsules</p>	<p>Herbal medicine for constipation and slow bowel movement. Herbal medicine for non-bloody diarrhoea of short duration (2-3 days). Herbal medicine when extra fibre intake is needed, for instance as supplement when suffering from IBS, and when other causes have been eliminated as cause of symptoms. Herbal medicine for moderately elevated cholesterol (fat) in the blood, as a supplement to diet. Treatment should be in consultation with a doctor. Should not be used for children under 6 years of age without the doctor's instructions.</p> <p>MT no: 6104107 Batch no:</p> <p>Item no: 210289 Best before:</p>

<p>it is especially important that you drink plenty of fluids and have enough sugar and salt.</p> <p>Treatment of weak or elderly patients demands supervision from medical personal.</p> <p>If you are working with or have previously worked with Psyllium husk, you have a higher risk of experiencing allergic reactions.</p> <p>Use of other medicines</p> <p>You should always talk to your doctor or the pharmacist if you are taking medicine or have used it recently. This also applies to medicine that you can obtain without prescription, medicine bought abroad, other herbal medicines, strong vitamins and minerals as well as dietary supplements.</p> <p>Talk to your doctor if you are taking medicine:</p> <ul style="list-style-type: none"> ▪ for low metabolism (levothyroxine). ▪ that slow down the intestinal movements and may cause constipation, e.g. medicine for strong pains (e.g. morphine, ketobemidon, oxycodon, codein) and medicine for diarrhoea (e.g. loperamide). <p>Psyllium husks reduce the transit time through the intestines and may affect the absorption of other medication. You must take HUSK at the latest 1-2 hours before/after you take any other medication.</p> <p>This is especially important when taking:</p> <ul style="list-style-type: none"> ▪ vitamins, e.g. cyanocobalamin (vitamin B₁₂) for pernicious anaemia. ▪ minerals, e.g. lithium for depression. <p>4</p>	<ul style="list-style-type: none"> ▪ heart medication (digoxin). ▪ blood diluting medication (warfarin, phenprocoumon). ▪ medication for epilepsy (carbamazepine). <p>If you suffer from insulin-dependent diabetes and are taking HUSK with your meal, you should be aware that it may be necessary for you to lower your insulin dosage</p> <p>Use of HUSK with food and beverages</p> <p>If you suffer from insulin-dependent diabetes and are taking HUSK with your meal, you should be aware that it may be necessary for you to lower your insulin dosage.</p> <p>Apart from this there is no knowledge of any other problems in connection with taking HUSK with food and beverages.</p> <p>Pregnancy and breastfeeding</p> <p>Before taking any medicine, you should seek advice from the doctor or the pharmacy.</p> <p><i>Pregnancy:</i> You can take HUSK during pregnancy.</p> <p><i>Breastfeeding:</i> You can take HUSK when breastfeeding.</p> <p>Traffic and work safety</p> <p>HUSK does not affect work safety or the ability to move around safely in traffic.</p> <p>3. HOW TO USE HUSK</p> <ul style="list-style-type: none"> ▪ <i>When suffering from constipation, diarrhoea or irritable bowel syndrome:</i> <p>Adults: 6-10 capsules, morning and night</p> <p>Children over 6 years of age: 3 capsules, morning and night</p> <p>5</p>	<ul style="list-style-type: none"> ▪ <i>When suffering from elevated cholesterol level in the blood:</i> <p>Adults: 10 capsules, morning and night</p> <ul style="list-style-type: none"> ▪ Children: You may only use HUSK for children under 6 years of age after instructions by your doctor. <p>HUSK should always be taken with 1-2 glasses of fluid HUSK should not be taken immediately before bedtime.</p> <p>If your doctor has prescribed another dosage, you should always follow the doctor's instructions.</p> <p>If you have taken too much HUSK</p> <p>Contact the doctor, the emergency room or the pharmacy if you have taken more HUSK than specified in this</p> <p>leaflet and you are feeling unwell. Bring the packaging.</p> <p>Symptoms of an overdose of HUSK are discomforts in the gastrointestinal tract, especially constipation. This especially occurs if you drink insufficient fluids. Worst case scenario is a risk of intestinal volvulus.</p> <p>If you forgot to take HUSK</p> <p>You must not take a double dosage in compensation for the forgotten dosage.</p> <p>4. SIDE EFFECTS</p> <p>Like any other medicine HUSK can have side effects.</p> <p>6</p>
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<p>Serious side effects: Very rare side effects: Occurs in less than 1 out of 10,000 patients (less than 0.01 %):</p> <ul style="list-style-type: none"> ▪ Sudden skin rash, respiratory problems and fainting (within minutes to hours) due to allergic reactions (anaphylactic reaction). Can be life threatening. <p>Rare side effects: Occurs in 1 and 10 out of 10,000 patients (less than 0.01-0.1 %):</p> <ul style="list-style-type: none"> ▪ respiratory problems. Contact a doctor immediately or the emergency room. If necessary, dial 112. <p>Non serious side effects: Very common side effects: Occurs in more than 1 out of 10 patients (more than 10 %):</p> <ul style="list-style-type: none"> ▪ Flatulence and feeling bloated. <p>Common side effects: Occurs in more than 1 and 10 out of 100 patients (1-10 %):</p> <ul style="list-style-type: none"> ▪ Stomach aches. <p>Rare side effects: Occurs in 1 and 10 out of 10,000 patients (less than 0.01-0.1 %):</p> <ul style="list-style-type: none"> ▪ Inflammation of the eye with red and watery eyes, runny nose, hives, rash. <p>Inform your doctor or the pharmacy if you experience side effects that persist or gets worse or you experience side effects not mentioned in this leaflet.</p> <p>7</p>	<p>Side effect not mentioned here, should be reported to the Danish Medicines Agency, so the knowledge of side effects can improve. You or your relatives can report the side effects yourselves directly to the Danish Medicines Agency. You will find a form and a guide on the Danish Medicines Agency's website www.meldenbivirkning.dk</p> <p>5. STORAGE To be kept out of reach of children.</p> <p>Do not use HUSK after the date of expiry printed on the packaging.</p> <p>Always hand in remains of medicine to the pharmacy. Out of consideration to the environment you should not throw medicine remains in the drain, toilet or the rubbish bin.</p> <p>8</p>	<p>6. ADDITIONAL INFORMATION</p> <p>HUSK contains: 1 HUSK Psyllium-husk capsule contains: 500 mg <i>Plantago ovata</i>, Forsk. (syn. <i>P.ispaghula</i> Roxb), seminis tegumentum (psyllium husks).</p> <p>Appearance and packing sizes: Appearance: oblong clear hard capsules with a greyish powder.</p> <p>Packing sizes: 225 pieces.</p> <p>Holder of marketing authorisation and manufacturer: W. Ratje Froeskaller ApS Kirstinehoej 34 DK-2770 Kastrup tel. +45 32 51 96 00 info@husk.dk</p> <p>This information leaflet was last approved: 12/2009</p> <p>9</p>
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