

**If you forgot to take HUSK**  
You must not take a double dosage in compensation for the forgotten dosage.

**4. SIDE EFFECTS**  
Like any other medicine HUSK can have side effects.

**Serious side effects:**

Very rare side effects:  
Occurs in less than 1 out of 10,000 treated patients (less than 0.01 %):

- Allergic reactions. If you experience dizziness, swelling of the face, throat or lips with difficulty swallowing or respiratory problems, you should immediately seek a doctor or emergency room. If necessary, call 112.

Rare side effects:  
Occurs in 1 and 10 out of 10,000 patients (less than 0.01 – 0.1 %):

- Inflammation of the eye, runny nose, bronchia spasms, hives or rash.

**Non serious side effects:**

Very common side effects:  
Occurs in more than 1 out of 10 patients (more than 10 %):

- Flatulence and feeling puffed up

Common side effects:  
Occurs in more than 1 and 10 out of 1010,000 patients (1-10 %):

- Stomach aches

In rare or very rare cases other non-serious side effects can occur. If you would like information about these side effects, ask your pharmacy or doctor.

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. Side effects not mentioned here, should be reported to the Danish Medicines Agency, so the knowledge and 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](http://www.meldenbivirkning.dk)

**5. STORAGE**  
HUSK must be kept out of reach of children.

Do not use HUSK after the date of expiry printed on the packaging.

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.

**6. ADDITIONAL INFORMATION**

**HUSK contains:**  
Dried Psyllium husks from Plantago ovata Forsk. (Ispaghula husk)

**Appearance and packing sizes:**  
Appearance: Beige fragments or flakes. The flakes can have a faint pale brown spot.  
Packing sizes: 100 g, 200 g, 450 g and 1000 g.

**Holder of marketing authorisation and producer:**  
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FIBRES ARE GOOD FOR YOU

**To be used for**

- ✓ **ELEVATED CHOLESTEROL LEVELS**
- ✓ **CONSTIPATION AND SLOW BOWEL**
- ✓ **IRRITABLE BOWEL SYNDROME (IBS)**
- ✓ **DIARRHOEA**

**Information leaflet: Information for the user**

**HUSK Psyllium husks, powder/powder for oral suspension**

*Plantago ovata* Forsk.

**Please read this information leaflet. It contains important information.**

- HUSK is a herbal medicine. To obtain the best result you must follow the instructions for HUSK carefully.
- Safe the information leaflet. You may need to read it again.
  - Contact your pharmacy, if you have any questions regarding the treatment.
  - If you do not get better within 2-3 days, or you get worse, contact your doctor.
  - Talk to the pharmacy or your doctor, if a side effect becomes worse, or you suffer from side effects not mentioned in this leaflet.

**This leaflet contains information on:**

1. Effect and usage
2. Information you should know before using HUSK
3. How to use HUSK
4. Side effects
5. Storage
6. Additional information

**1. EFFECT AND USAGE**

HUSK contains vegetable fibres that retains water and thereby increases the volume of the intestinal content. The increased intestinal content stimulates the natural contractions of the bowel.

You can use HUSK:

- when suffering from constipation and slow bowel movement. If there is no change in your condition within 3 days, contact your doctor.
- when suffering from non-bloody diarrhoea. If there is no change in your condition within 2-3 days, contact your doctor.
- if you need more fibres in your diet, i.e. if you are suffering from Irritable Bowel Syndrome (IBS).

Before you take HUSK, your doctor must rule out any other cause of symptoms.

- when suffering from moderately elevated cholesterol (fat) levels in the blood. You must also be on a low fat diet. Treatment must be in consultation with your doctor.

***If your doctor has prescribed HUSK for something else, you should always follow the doctor's instructions.***

**2. IMPORTANT INFORMATION YOU MUST READ BEFORE TAKING HUSK**

**Do not take HUSK:**

- if you are hypersensitive (allergic) to the active substance.
- if you suffer from intestinal volvulus. This manifests itself in
  - pains in stomach and intestines. If you are in pain or start hurting, your doctor should examine you.
  - nausea and vomiting.
  - severe constipation.
- if you suffer from blockage of the gastrointestinal tract due to a tumour or inflammation.
- if you suffer from a acute gastrointestinal disease demanding operation, i.e. appendicitis.
- if you suffer from changes in the behaviour of your bowel function for more than two weeks.
- if you are bleeding from the rectum without any known cause.
- if you have difficulties swallowing.
- if you suffer from badly controlled diabetes mellitus.

**Be especially careful with the use of HUSK**

**Speak to your doctor if you:**

- are suffering from inflammation of the bowel
- are experiencing difficulties swallowing.
- are suffering from disturbances in the bodily fluid and salt balance.
- need to use a laxative every day for a longer period of time, so the doctor can examine the reason for the obstipation.

**In some cases you may have to be especially careful taking HUSK.**

**Talk to your doctor if you:**

- suffer from reduced liver function.
- suffer from reduced kidney function.
- suffer from any other serious disease.

If you experience chest pains or start vomiting, you should immediately seek medical attention.

When taking HUSK, you must always drink plenty of fluids (at least ½ dl to each measuring spoon), to avoid difficulties swallowing or problems with constipation. If you suffer from diarrhoea it is especially important that you drink plenty of fluids and have enough sugar and salt.

Treatment of weak or elderly patients demands supervision from medical personal.

If you are working with or have previously worked with Psyllium husk, you have a higher risk of experiencing allergic reactions.

**Use of other medicines**

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.

**Talk to your doctor if you are taking medicine:**

- 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).

Psyllium husks reduces transit time through the intestines and may affect the absorption of other medicine. You must take HUSK at the latest 1-2 hours before you take any other medication (with 1 hour difference if you are taking your medicine fasting, with 2 hours difference if you are taking your medicine with food).

**It is especially important when taking:**

- vitamins, e.g. cyanocobalamin (vitamin B<sub>12</sub>) for pernicious anaemia.
- minerals, e.g. lithium for depression.
- heart medication (digoxin).
- blood diluting medication (warfarin, phenprocoumon).
- medication for epilepsy (carbamazepine).

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.

**Use of HUSK with food and beverages**

Apart from this there is no knowledge of any other problems in connection with taking HUSK with food and beverages.

**Pregnancy and breastfeeding**

Before taking any medicine, you should receive instructions from the doctor or at the pharmacy.

*Pregnancy:* You can take HUSK during pregnancy.

*Breastfeeding:* You can take HUSK when breastfeeding.

**Traffic and work safety**

HUSK does not affect work safety or the ability to move around safely in traffic.

**3. HOW TO USE HUSK**

- *When suffering from constipation, diarrhoea or irritable bowel syndrome:*  
Adults: 2-3 measuring spoonfuls (3-5 g) morning and night  
Children over 6 years of age: 1 spoonful (1.5 g) morning and night

- *When suffering from elevated cholesterol level in the blood:*  
Adults: 3 measuring spoonfuls (ca. 5 g) morning and night

- Children: You may only use HUSK for children under 6 years of age after instructions by your doctor.

HUSK should always be taken with 1-2 glasses of fluid.  
HUSK can be stirred in fluids or sprinkled on dairy products like junket or yoghurt.  
HUSK should not be taken immediately before bedtime.

If your doctor has prescribed another dosage, you should always follow the doctor's instructions.

**If you have taken too much HUSK**

Contact the doctor, emergency room or the pharmacy if you have taken more HUSK than specified in this leaflet and you are feeling unwell. Bring the packaging.

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.