

Bran[®]

TABLETS

Natural Fibre Tablets

Useful in weight control programs.
Regulates Gastro-intestinal motility.

Composition :

Each Tablet Contains :

Wheat Bran and natural Fibres	500 mg
Cellulose, minerals and excipients to	740 mg

Therapeutic effects and mode of action :

Bran tablets are especially formulated to supplement the intake of fibres which are complex carbohydrates resistant to hydrolysis by the digestive enzymes and are thus unavailable for absorption. These fibres, by binding water, increase the bulk; soften the stools, stimulate peristalsis and rate of colonic transit. Consequently, Bran fibre rich tablets serve a useful purpose in weight control programs, as a natural laxative for the prophylaxis of constipation & avoidance of straining, as a regulator of GI motility and as a prophylactic in colon disorders. Calcium phosphate is added to neutralise phytic acid which may interfere with the absorption of some elements.

One Bran tablet contains 0.5 Calorie.

Contra- indications :

- Bran is contra-indicated in patients with intestinal obstruction and immobile old people.

Indications :

- Weight control programs.
- Prophylaxis of functional constipation.
- Hemorrhoids, anal fissures and other conditions where the feces should be maintained soft to avoid straining during defecation.

Precautions :

- Oesophageal or intestinal obstruction may take place if a large number of tablets is ingested without adequate fluid intake.
- It can be used safely during pregnancy and lactation.

Side Effects :

- Large quantities of Bran may temporarily increase flatulence and distension. This may be decreased by using small amounts and slowly increasing the amount ingested.

Dosage and Administration :

- In weight control programs : 4 - 8 tablets three times daily at least one hour before each meal, to be chewed or swallowed one at a time with adequate fluid intake.
- In the management of constipation & other GI disorders : 2 - 4 tablets three times daily before meals.
- The administration of BRAN TABLETS should be maintained for long time periods, several weeks may be necessary for a satisfactory effect to be observed.

Duration of treatment :

There is no time limit for the use of Bran tablets.

Storage :

- Keep in a cool dry place.
- Keep out of reach of children.

Presentation :

Bottle containing 120 film-coated tablets.

Use under physician's supervision.



Produced By :

AMRIYA PHARM. IND.

