

## **NORMACOL® Plus Information**

### **What is NORMACOL Plus and what is it used for?**

NORMACOL Plus is a product for the treatment of constipation.

NORMACOL Plus contains sterculia (also called karaya gum) and frangula bark powder. Sterculia is a natural fibre that swells up after contact with fluid. It is not fermented by bacteria in the gut. Frangula bark is a traditional herbal stimulant laxative.

### **Active Ingredients:**

Sterculia 62% w/w and Rhamnus Frangula (Frangula) bark powder 8% w/w.

### **Uses:**

Relief of constipation.

### **Warnings:**

Drink plenty of water. Increase fibre in the diet, except in cases of medication-induced constipation. Prolonged use of laxatives is undesirable and may lead to dependence.

Do not use NORMACOL Plus:

- when abdominal pain, nausea or vomiting is present.
- if you are pregnant or breast feeding
- in children under 12 years of age.

High fibre products may interact with other medicines by altering their absorption. Check with your doctor or pharmacist if taking other medicines.

If you do not have a bowel movement after taking the granules for 4 days, you should stop the treatment and seek medical attention.

Contains sugars.

### **Directions for use:**

Adults and children over 12 years.

Take 1-2 heaped 5 mL spoonfuls once or twice daily after meals or as directed by the doctor.

Place the dry granules on the tongue (in small quantities if necessary). Swallow them immediately with plenty of water or cool drink. Do not take lying down or just before going to bed. Do not chew.

As with other stimulant laxatives, use for more than 1 - 2 weeks requires medical supervision.

### **Other Information:**

The inactive ingredients (present in the coating) are sucrose (sugar), sodium bicarbonate, purified talc, hard paraffin, peppermint flavour, and brown dye (containing erythrosine, indigo carmine, sunset yellow FCF and sodium chloride).

NORMACOL Plus is gluten free.

Each heaped 5 mL spoonful of NORMACOL Plus contains approximately 4.0 grams of dietary fibre, and 1.7 grams of sucrose, with a calorific value of 7 Calories.

NORMACOL Plus is supplied as a 200 g or 500 g pack, containing brown granules. It is available over the counter at pharmacies.

STORE IN A DRY PLACE BELOW 25°C. Keep all medicines out of reach of children.

Use only if carton seals are unbroken. Do not use if bag is torn.

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