

The
Incredible  **Edible**

CONSTICHEK

Lactitol 10g, Inulin 3g with Isabgol 3.5g Powder

INTRODUCTION:

- Constipation is one of the most common digestive complaints in the India. It is a symptom rather than a disease and, despite its frequency, often remains unrecognized until the patient develops sequelae, such as anorectal disorders.
- According to the Rome IV criteria for constipation, a patient must have experienced at least two of the following symptoms over the preceding 3 months:
 - ✓ Fewer than three spontaneous bowel movements per week
 - ✓ Straining for more than 25% of defecation attempts
 - ✓ Lumpy or hard stools for at least 25% of defecation attempts
 - ✓ Sensation of anorectal obstruction or blockage for at least 25% of defecation attempts
 - ✓ Sensation of incomplete defecation for at least 25% of defecation attempts
- The prevalence of constipation based on the Rome criteria has been reported at varying levels around the world, from 8.2% to 32.9%.¹
- In Asian countries such as China, Korea, Hong Kong, and India, the prevalence of constipation reportedly ranges from 8.2% to 16.8%.¹
- The treatment of constipation should be customized for each individual considering the cause of constipation, patient's age, comorbid conditions, underlying pathophysiology, and the patient's concerns and expectations.

CLINICAL EVIDENCE

STUDY 1 :

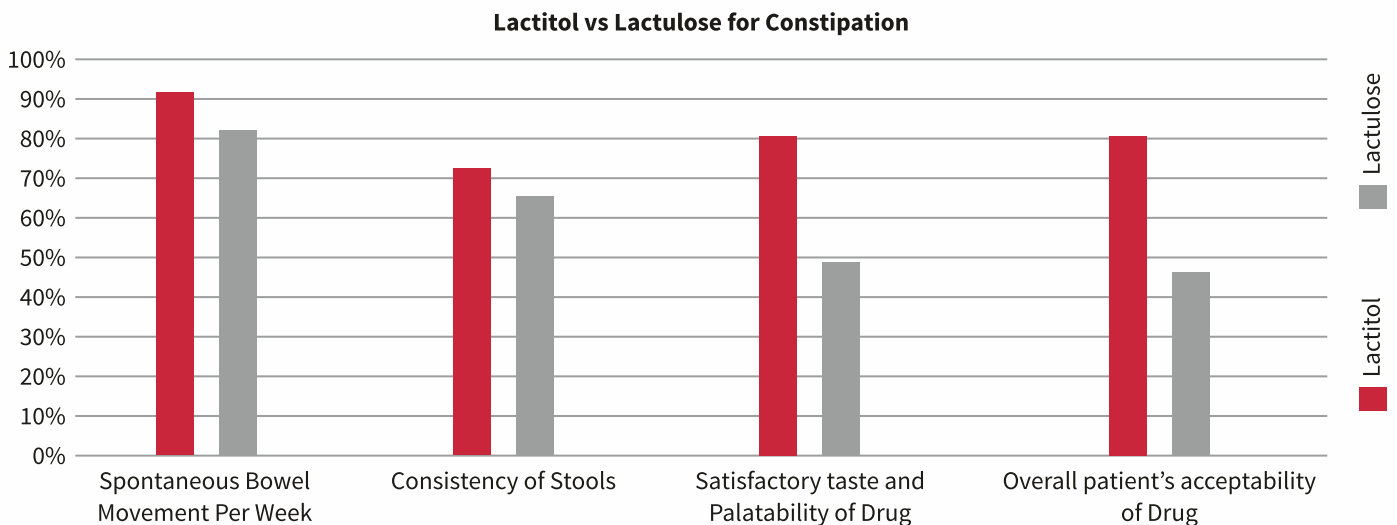
CLINICAL EFFICACY AND SAFETY OF LACTITOL VERSUS LACTULOSE IN THE TREATMENT OF CONSTIPATION.²

Study design:

- An open label, active control, parallel study on 90 patients 45 patients in lactitol group and 45 patients in lactulose group randomly.
- Primary end point: Patients with Spontaneous Bowel Movement (SBM) count of 3 or more at the end of 7 days known as complete response to treatment without using any other laxatives during this period.

Result and observation:

- The number of bowel evacuations per week was 9.30 ± 1.09 in lactitol group versus 7.20 ± 0.68 in lactulose group.
- Lactitol - significantly superior to lactulose in terms of less number of adverse reactions ($p < 0.05$).
- Lactitol have better response, more palatable and better compliance as compared to lactulose group.



STUDY 2 :

INFLUENCE OF LACTITOL AND PSYLLIUM ON BOWEL FUNCTION IN CONSTIPATED INDIAN VOLUNTEERS: A RANDOMIZED, CONTROLLED TRIAL.³

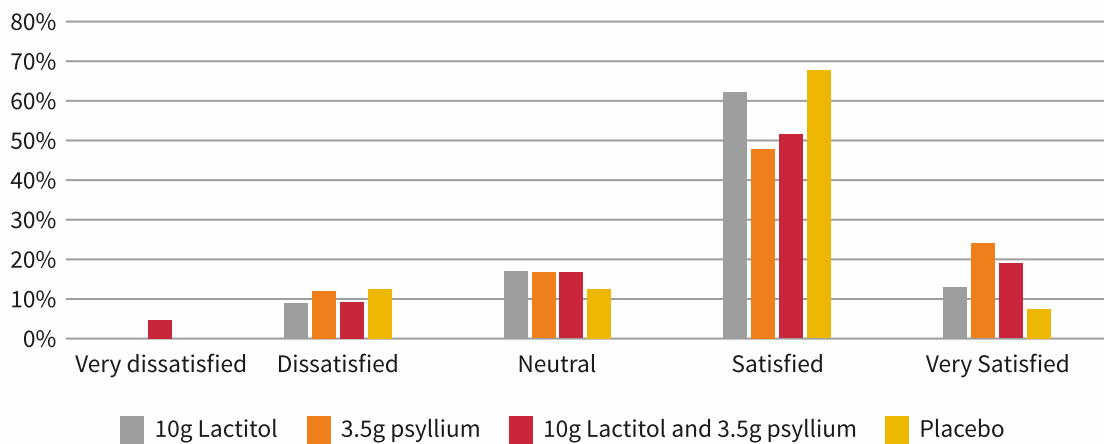
Study design:

- Prospective, randomized, 4-arm, double-blind, placebo-controlled, phase III intervention study on 172 Volunteers in 6 clinics throughout India.
- A 6-week intervention study, 2-week run-in period and 4-week treatment period; with sachets contained 10 g lactitol, 3.5 g psyllium, a combination of 10 g lactitol and 3.5 g psyllium, and placebo.

Result and observation::

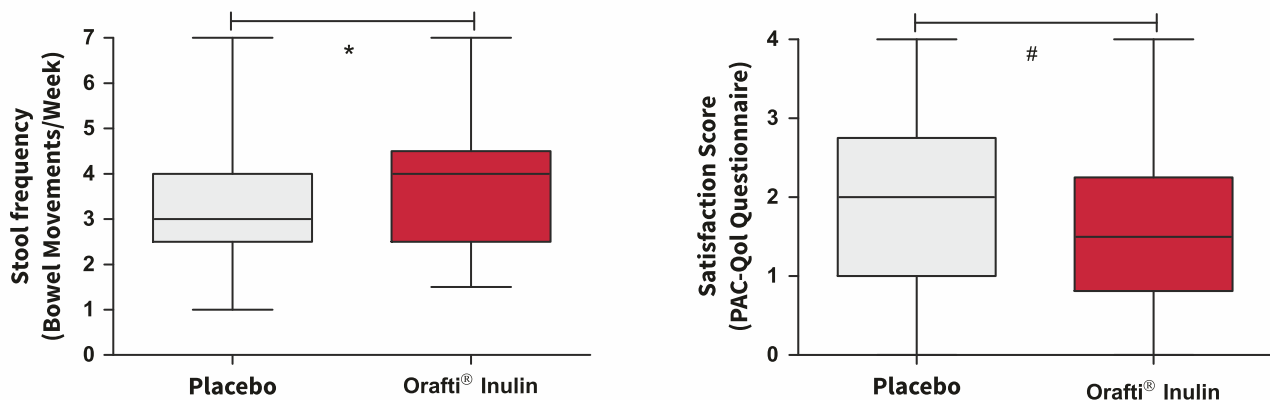
- The primary endpoint: change in Bowel Movement Frequency (BMF) between pre-treatment and post-treatment compared with placebo.
- A significant increase in BMF from baseline to End Of Study (EOS) in all 4 treatment groups: in all 4 treatment groups 'satisfied' with the product (47.6% to 67.5%), followed by 'very satisfied' (7.5% to 23.8%), 'neutral' (12.5% to 17%), 'dissatisfied' (8.5% to 12.5%), and 'very dissatisfied' (0% to 4.7%).

Overall product satisfaction



STUDY 3 :

EFFECT OF CONSUMPTION OF CHICORY INULIN ON BOWEL FUNCTION IN HEALTHY SUBJECTS WITH CONSTIPATION: A RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED TRIAL ON 54 SUBJECTS.⁴



- The primary outcome: weekly stool frequency between Inulin and placebo.
- The Trial confirms the effects of chicory inulin significantly increased stool frequency with intake of inulin in subjects with constipation.

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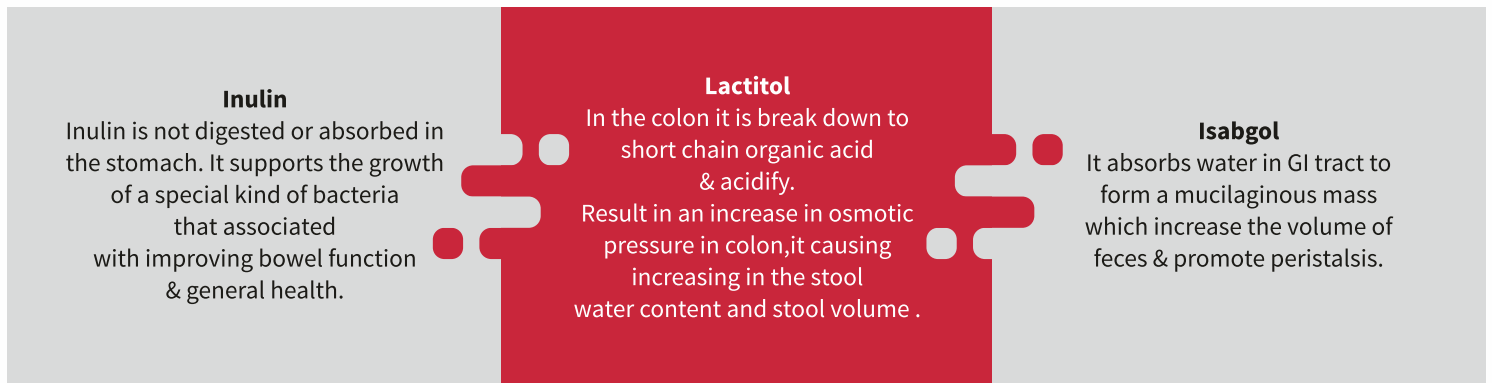
DESCRIPTION:

CONSTICHEK is provided by combining a bulk-forming laxative in the form of Isabgol powder, osmotic laxative such as lactitol and pre-biotic contain of fructans such as Inulin for idiopathic constipation and is use to prevent or treat the constipation.

INDICATION:

CONSTICHEK is indicated for the treatment of constipation.

MECHANISM OF CONSTICHEK:



RECOMMENDED USAGE & ADMINISTRATION:

- Add two dry spoonful of **CONSTICHEK** (Approx 18 g powder) in to a glass of water.
- Stir briskly and consume the content immediately.
- Follow it up with a glass of water.

DOSAGE:

18 gm of powder once or twice daily or as recommended by medical professional.

References:

1. J Neurogastroenterol Motil, Vol. 22 No. 4 October, 2016
2. International Standard Serial Number (ISSN): 2249-6807
3. Nutrients 2019, 11, 1130
4. INTERNATIONAL JOURNAL OF FOOD SCIENCES AND NUTRITION, 2017 VOL. 68, NO. 1, 82–89

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