



TIPS IN CONSTIPATION



20 mins walk per day¹



6-8 glasses of water intake per day³



Go for a short walk when in anxiety or stress³



25-30gm per day fiber intake².
Wheat-bran, fruits, vegetables, nuts, & fiber supplements



Response to the urge of defecation²

SHOULD WE ADD MORE DETAILS?
PLEASE SHARE YOUR SUGGESTIONS.

WELLNESS INITIATIVE BY:

^{Rx}
FreshWell

Sodium picosulfate 10 mg

STRAIN-FREE MORNINGS!

Ph: +91 8200802773 | E-mail: info@w360d.in | Website: www.wellness360degree.com |
Address: Shop No.10, Rushabh Apartment, Near: Patel Park, Subhashnagar, Bhavnagar- 364001, Gujarat.



In Constipation & Bowel clearance before labour or surgery, radiological examination⁴

Rx **FreshWell**
Sodium picosulfate 10 mg



STRAIN-FREE MORNINGS!



3X faster action vs other laxatives, offers overnight relief in constipation^{5,6}

- Significant improvement in complete spontaneous bowel movements (CSBM) per week⁷
- Reduced need of straining while defecation
- Reduced feeling of in complete evacuation⁷

- **Patient-friendly laxative^{6,7}**
- **One tablet H.S. for 4 weeks with/without meal^{5,7}**



Good Manufacturing Practices as per World Health Organisation Standards

1. Aziz, I., Whitehead, W. E., Palsson, O. S., Törnblom, H., & Simrén, M. (2020). An approach to the diagnosis and management of Rome IV functional disorders of chronic constipation. *Expert Review of Gastroenterology & Hepatology*, 14(1), 39-46. <https://doi.org/10.1080/17474124.2020.1708718>. | 2. Daniali, M., Nikfar, S., & Abdollahi, M. (2020). An overview of interventions for constipation in adults. *Expert Review of Gastroenterology & Hepatology*, 14(8), 721-732. [doi:10.1080/17474124.2020.1781617](https://doi.org/10.1080/17474124.2020.1781617). | 3. UCSF Health. (2023, May 8). Constipation. <https://www.ucsfhealth.org/education/constipation> accessed on 11th February 2024. | 4. CDSCO. (n.d.-a). <https://cdscoonline.gov.in/CDSCO/Drugs> accessed on 27th Jan 2024 | 5. Aziz, I., Whitehead, W. E., Palsson, O. S., Törnblom, H., & Simrén, M. (2020). An approach to the diagnosis and management of Rome IV functional disorders of chronic constipation. *Expert Review of Gastroenterology & Hepatology*, 14(1), 39-46. <https://doi.org/10.1080/17474124.2020.1708718>. | 6. Team, C. B. M. (n.d.). Sodium picosulfate: Indication, Dosage, Side Effect, Precaution | MIMS Philippines. <https://www.mims.com/philippines/drug/info/sodium%20picosulfate> | 7. Mueller-Lissner, Stefan MD1; Kamm, Michael A MD2,3; Wald, Arnold MD4; Hinkel, Ulrika RPh5; Koehler, Ursula PhD5; Richter, Erika6; Bubeck, Jürgen PhD5. Multicenter, 4-Week, Double-Blind, Randomized, Placebo-Controlled Trial of Sodium Picosulfate in Patients With Chronic Constipation. *American Journal of Gastroenterology* 105(4):p 897-903, April 2010. | DOI: 10.1038/ajg.2010.41.

