

Directions for use: Take Lepicol at least 30 minutes before a meal.

Adults: Take 2-8 capsules once or twice daily, followed by 2-3 glasses of water or juice. We recommend starting with a low dose and building up gradually to suit the individual.

Children: Half the adult dose with parental supervision. The capsules can be opened and the contents poured into water or juice if preferred. Parents should seek the guidance of a medical practitioner before giving Lepicol to children under 11 years.

Pregnancy: Lepicol is suitable for use during pregnancy, but we would always suggest consulting your doctor or healthcare practitioner before taking any food supplement.

Please note: Taking Lepicol without water can cause choking. **Always aim to consume a 250ml glass of liquid with every 5 capsules.** Please consult your doctor before taking Lepicol if you have recently had intestinal surgery or you have an intestinal obstruction. If at any time you experience discomfort after taking Lepicol, reduce dosage or stop taking and seek medical advice. Store out of the reach of young children.

Ingredients: Psyllium husks (*plantago ovata/ispaghula*), Inulin, Vegetable capsule (Hydroxypropylmethylcellulose), Magnesium stearate, Live bacteria (see below).

Each 5 capsules provides: 2.7g fibre

Allergen advice: May contain soya and milk as these are used in the growth media of the strains. Traces of milk are at a level that would not affect lactose intolerance sufferers.

Live bacterial strains:

Lactobacillus rhamnosus PXN 54
Bifidobacterium bifidum PXN 23
Lactobacillus acidophilus PXN 35
Lactobacillus plantarum PXN 47
Lactobacillus bulgaricus PXN 39



Microorganism strength: Minimum of 120 million CFU/g (1.2×10^8 CFU/g), equivalent to 450 million CFU/ 5 capsule dose (4.5×10^8 CFU/ 5 capsules).

Do not exceed the recommended daily intake. Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle.

180
Vegetarian
Capsules

HIGH FIBRE
Lepicol®

Gentle **psyllium husk** which
contributes to the maintenance
of normal bowel transit.
Food Supplement

Fibre.

Fibre is a key part of a varied and balanced diet.

What is Lepicol?

Lepicol is a multi-fibre source product containing inulin and gentle psyllium husk, which contributes to maintaining normal bowel transit. Together these two ingredients can help ensure your recommended daily intake of fibre. The third key ingredient of Lepicol is 5 strains of live bacteria that are naturally present in a healthy person's digestive system.

Suitable for:

- Alongside antibiotics
- Travelling
- Vegetarians
- Children
- When pregnant

Store in a cool dry place -
out of direct sunlight.
Does not need refrigeration.
For Best Before End see base.

Protexin®
health care ●●●●
Science and nature in balance

Manufactured by
**Probiotics International
Limited (Protexin)**
Lopen Head, Somerset,
TA13 5JH, United Kingdom.

180
Vegetarian
Capsules

HIGH FIBRE

Lepicol®
Food
Supplement

Any questions?

We are here to help:
Call **+44 (0) 1460 243230**
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or visit www.lepicol.com



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