



## Frequently Asked Questions

### **1. Can I take too much Fibre?**

Different types of high fibre foods in the diet can have a synergistic effect and can complement the effects of the psyllium husks in Lepicol. It is good to get into the habit of taking different sources of fibre - for instance, most fruits and vegetables are a good fibre source.

### **2. Can I take Lepicol if I'm pregnant?**

Lepicol can be taken by pregnant and breast feeding women. However, we would always suggest that you seek advice from your doctor or health care practitioner on all aspects of nutrition whilst pregnant.

### **3. Can I take Lepicol If I'm on other medication?**

Lepicol is a natural fibre supplement product that can be taken with other medications. There are no known contraindications for the use of Lepicol. However, we do recommend they be taken 2 hours apart.

### **4. What do I do if I experience any discomfort whilst taking Lepicol?**

Some people may experience discomfort when they first start taking Lepicol. In this situation the dose should be reduced until the discomfort subsides. If the discomfort continues then seek medical advice.

**5. I suffer from diarrhoea & constipation, will Lepicol help in both situations?**

Due to the nature of the psyllium husks within Lepicol, it is able to absorb water and bulk stools during diarrhoea episodes, whilst creating a soft gel and stimulating peristalsis which aids in the smooth passage of the stool during constipation episodes. Lepicol psyllium husks are therefore able to help normalise bowel movements from both extremes.

**6. Is Lepicol safe to take for diabetics?**

Lepicol fibre supplement ingredients are not absorbed by the body, therefore, the sugars within the fibre are not digested. Diabetics taking Lepicol should discuss this with their diabetic health practitioner as it may play a role in helping to maintain sugar levels when taken as part of a healthy diet.

**7. Is Lepicol safe for children to take?**

Lepicol is a natural product and is therefore safe to take. However, the key thing is to ensure the consumption of enough fluids during and after taking Lepicol - in young children this will need adult supervision. As a nutritional company we would always recommend to consult your doctor on supplements given to children under 11.

**8. How long should I take Lepicol for?**

Lepicol is designed to be taken long term however, some people may use Lepicol at key times in their life e.g stressful periods.

**9. When should I take Lepicol?**

We recommend taking Lepicol at least 30 minutes before a meal. The volume of water we recommended drinking with Lepicol could increase fullness so it is not recommended to take alongside a meal. This is a guide and for some people the timing may vary to fit into their daily routine. Lepicol can therefore, be taken any time of day away from food.

**10. Lepicol packaging looks different has the product changed?**

No, the Lepicol formulation is still the same. All we have done is updated the look of the Lepicol packaging to make it stand out more on shelf so you can identify Lepicol quicker and easier in store.

Food supplements should not be used as a substitute for a varied diet.