

## PRODUCT INFORMATION LEAFLET

### 1. Product Name

Eno 3 in 1

### 2. Qualitative & Quantitative Composition

#### Ingredients (per 5 g sachet): Powders-

Svarjiksara (Shudh) 2.0 g,

Nimbukamlam (Shushkam) 1.9 g,

Jeera (*Cuminum cyminum*, Seed) 160 mg,

Kala Jeera Oil eq. to *Carum carvi*. Seeds - 690 mg,

Black Salt 100 mg,

Ajwain (*Trachyspermum ammi*, Seed) 20 mg.

Contains sweetener, Sodium Saccharin (40 mg); Colours- Sunset Yellow, Indigo Carmine, Tartrazine, Carmoisine & Flavours.

### 3. Dosage Form

Powder to be dissolved in water before consumption

### 4. Clinical Particulars

#### 4.1 Indications/Uses

For the relief from Acidity (Amlapitta), Bloating/Gas, Indigestion.

#### 4.2. Posology and method of administration

For oral administration only.

For use in Adults and children aged 12 years and over:

5 g (one sachet or one teaspoonful of powder) dissolved in a glass (~150 ml) of water. Drink as symptoms occur. Repeat after 2-3 hours, if necessary.

*Minimum dosing interval:* 2 hours.

*Maximum Daily Dose (MDD):* Do not take more than 2 doses in 24 hours.

*Maximum duration of use:* Do not take this medicine for more than 14 days at Maximum Daily Dose (MDD).

Not recommended for Children under 12 years of age.

#### 4.3 Contraindications

**Do not use if you:** are on a low salt diet, have high blood pressure, have liver, heart, or kidney problems, are allergic/ intolerant to any of the ingredients.

#### **4.4 Warnings and Precautions**

- Do not take this medicine for more than 14 days.
- Do not exceed the stated dose.
- Keep out of reach and sight of children.
- Consult doctor or pharmacist:
  - If your symptoms persist or worsen.
  - As, this product reduces the acidity of your stomach and may interfere with how other medications are absorbed – therefore, please take other medications at a different time of the day.

#### **4.5 Interaction with other medicaments and other forms of interaction**

The acid neutralizing action of the product may alter the absorption profile of pH specific drugs given concomitantly.

#### **4.6 Pregnancy and lactation**

If you are pregnant or breastfeeding, please consult your doctor before taking this product.

#### **4.7 Effects on ability to drive and use machines, if contra-indicated**

No significant effect

#### **4.8 Undesirable effects/side effects**

Non-serious, stomach / gut irritations which could cause wind or bloating.

#### **4.9 Overdose**

In the event of overdose seek medical advice.

### **5. Pharmacological Properties**

#### **5.1 Pharmacodynamic Properties**

Svarjiksara Shudha and Nimbukamlam bind the acid in stomach and neutralizes it providing relief from acidity.

The Amlapitta is characterized by Ushna Guna which is pacified by Sheeta Guna. Pitta dosha is subsided by Tikta and Madhura rasa and Daha (Burning sensation) is reduced due to its dahashamaka guna/property. So with all these properties Svarjiksara Shudha is used as a Amlapitta shamaka (Anti hyper acidity).

Cumin and Caraway demonstrated properties like Rucya, Dipana, Pacana, Grahi, Krumighna, Kaphavatahara supporting action on “indigestion”.

Ajwain demonstrated properties like Pacana, Dipana, Samgrahi, Jvaraghna, Rucya, Cakshushya, Shothahara supporting action on “gas & bloating”.

## **5.2 Pharmacokinetic Properties**

Ingredients are mostly absorbed in the body or eliminated through renal excretion in the urine.

## **6. Pharmaceutical Particulars**

### **6.1 List of Excipients**

It contains appropriate color, flavor and/or sodium saccharine and have been indicated on label, as appropriate.

### **6.2 Incompatibilities**

None

### **6.3 Shelf life**

24 months

### **6.4 Special storage conditions**

Store in a dry place away from moisture.

### **6.5 Nature and specification of the container**

5 g Sachet

### **6.6. Instructions for Use and Handling**

No special instructions for use and handling.

### **6.7 Manufacturing License Holders**

Refer product label for the details.

### **6.8. Marketed By**

Refer product label for the details.

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