

The breakthrough diabetes has been waiting for : Lejguar.

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THE BREAKTHROUGH DIABETES HAS BEEN WAITING FOR



- Suppresses post-prandial hyperglycaemia^{1,4}
- Lowers serum cholesterol levels²
- Lessens the need for insulin and oral hypoglycaemic agents in long term use³
- Reduces appetite in obese patients

R_x NEW **Lejguar**

PALATABLE GUAR GUM FOR MATURITY-ONSET DIABETES

PRESCRIBING INFORMATION

PRESENTATION: Each pack contains 250g of Lejguar, a palatable granule containing approximately 90% of guar meal flour. The granules are white to slightly yellow, 0.6-3.5mm in diameter and have a neutral taste. **USES:** **Action:** Ingestion of Lejguar results in a reduction of post-prandial glucose levels. This action is probably due to the fact that Lejguar forms a viscous gel in the gastro-intestinal tract resulting in a reduction of the gastric emptying rate and a thickening of the unstirred water layer adjacent to the intestinal villi. The bulking action of Lejguar helps to reduce energy intake by diminishing appetite. **Indications:** Lejguar is indicated for use in diabetes to stabilise post-prandial glucose levels. This stabilisation facilitates control of the disease and, in appropriate cases, allows the reduction of insulin or oral hypoglycaemic dosage levels. **DOSAGE AND ADMINISTRATION: Adult Dose:** 7g (two scoops) three times a day, during the first six weeks of treatment. After this initial period the dose can usually be reduced to 7g (two scoops) twice a

day. **Children's Dose:** The product is not recommended for use in children. **Administration:** 7g (two level scoops) of Lejguar should be taken at meal times. One 3.5g scoopful before the meal and the other 3.5g scoopful during the meal. One level scoopful (3.5g) of granules should be stirred into a glass containing at least 200ml of water, or fruit juice, then swallowed quickly and washed down with another 200ml of water or fruit juice. **Note:** If water is not used the sugar content of the liquid should be taken into account. **CONTRA-INDICATIONS, WARNINGS ETC:** **Precautions:** To avoid the risk of oesophageal obstruction or rupture Lejguar should not be given to patients with a history of oesophageal disease or difficulties in swallowing. Lejguar should not be ingested as dry granules. For optimum results and to minimise non-compliance it is essential for the granules to be mixed with water or fruit juice before swallowing; the gel must be washed down with lots of liquid. During initial therapy and when reducing

dosage of Lejguar, blood glucose levels should be carefully monitored and concurrent treatment adjusted where necessary, to minimise the danger of hypoglycaemia. **Side-Effects:** Reported side-effects are a laxative effect and increased flatulence. Occasional excessive laxation is usually transient and normally improves after 1-2 weeks or after temporarily reducing the dosage. **Pharmaceutical Precautions:** Lejguar should be stored in a cool, dry place. **Legal Category:** P. **Package Quantities:** Each carton of Lejguar contains 250g of granules plus a 3.5g scoop. **Further information:** Nil **Product Licence Number:** PL 4483/0027. **Basic NHS cost:** £6.15 for 250g pack.

References: 1. *Ann. Int. Med.*, 1977; 86: 20-32. 2. *Atherosclerosis*, 1982; 45: 1-10. 3. *BMJ*, 1978; 2: 1744-1746. 4. *Diabetologia*, 1980; 19: 21-24.

Further information is available from: **Britannia Pharmaceuticals Limited, Hamilton House, 87-89 Bell Street, Reigate, Surrey RH2 7YZ.**

FOR SHEER CONVENIENCE IT TAKES THE BISCUIT

In dietary constipation, the effectiveness of bran is determined by its 'active fibre' content - often only a fraction of the total volume.

By increasing the amount of active fibre per unit, LEJFIBRE biscuits are not only more effective, but much easier to take - 2 or 3 biscuits daily is all that's needed.

And because phytic acid residues are low, LEJFIBRE can be safely given over long periods without risk of iron or calcium depletion.



Two Lejfibre biscuits provide fibre equivalent to 20g of bran

Lejfibre Contains:	Per biscuit
Total Carbohydrate	6.0g
Assimilable Carbohydrate	4.6g
NDF fibre	4.0g
Fat	1.8g
Protein	0.9g
Kjoules	12(2.9 Kcal)



Active fibre for constipation

PRESCRIBING INFORMATION

PRESENTATION: Medium Brown biscuit 70 x 32 x 7mm containing 12 pinholes, approximately 10g in weight. Each biscuit containing 4.04g oat bran meal.
Indications: As a laxative in the treatment of constipation. **DOSAGE AND ADMINISTRATION:** 1 or 2 biscuits once or twice a day. The biscuits should

be chewed with a drink. Children's dose: Fibre-biscuits are not intended for use in children. The biscuits should be eaten normally. They may be spread with butter, marmite, jam, etc and taken as a snack with the morning drink. **CONTRA-INDICATIONS, WARNINGS, ETC.:** There are no contra-indications to the use of Lejfibre. If laxatives

are needed every day or there is consistent abdominal pain the condition should be investigated further. **Legal Category:** GSL. **Package Quantities:** 25 x 10g biscuits. **Product Licence Number:** PL 4483/0029. **Basic NHS cost:** £2.80 per pack of 25 biscuits.

Further information is available on request from: Britannia Pharmaceuticals Limited, Hamilton House, 87-89 Bell Street, Reigate, Surrey RH2 7YZ.