

## TECHNICAL MONOGRAPH

PRODUCT NAME: FibreCare

CONSTITUENTS: 

Common Name	Botanical Name
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Flaxseed	<i>Linus usitatissimum</i>
Psyllium	<i>Plantago ovata</i>

## INTENDED PURPOSE

FibreCARE provides a blend of herbs known for their ability to reduce all types of colic. FIBERcare should be fed each month to chronic colic cases.

## EVIDENCE FOR EFFICACY

- **Linus usitatissimum** (Flaxseed) is rich in omega-3, omega-6 oils, alpha-linoleic acid, dietary fibers, secoisolariciresinol diglucoside, protein and minerals. Its health benefits include being an antioxidant agent, preventives against cardiovascular diseases, cancer, diabetes and enhancement of spatial memory. It also has demonstrated anti-inflammatory activity when fed to horses for 70 days (Vineyard et al. 2010; Akhtar et al. 2013).
- **PLANTAGO OVATE (PSYLLIUM)** THE HUSK AND SEED OF PLANTAGO OVATA IS COMMONLY REFERRED TO AS PSYLLIUM, WHICH IS WIDELY USED AS A FIBER SUPPLEMENT FOR THE TREATMENT OF CONSTIPATION BECAUSE THE DIETARY FIBER SHORTENS GASTROINTESTINAL TRANSIT TIME. PSYLLIUM IS CLASSIFIED AS A MUCILAGINOUS FIBER DUE TO ITS POWERFUL ABILITY TO FORM A GEL IN WATER. IN ANIMALS FED A HIGH-FAT DIET, PSYLLIUM INCREASED THE ACTIVITIES OF ENZYMES THAT METABOLIZE THE FATS AND IMPROVED BLOOD LIPID PROFILE. PSYLLIUM HAS ANTI-INFLAMMATORY ACTIVITY WITHIN THE INTESTINAL SYSTEM. (ANONYMOUS 2002; RODRÍGUEZ-CABEZAS ET AL. 2003; SOLA ET AL. 2010; BIOMED RES INT. 2013:960568). THE COMBINATION OF PSYLLIUM AND OIL MAY BE HELPFUL IN THE TREATMENT OF SAND COLIC AND OTHER INTESTINAL AILMENTS IN HORSES (HOTWAGNER AND IBEN 2008).

## REFERENCES

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