

Kristalose...

(lactulose) For Oral Solution

Powder Packets = Patient Compliance Made Easy!

Patients prefer **powder KRISTALOSE** over liquid lactulose¹

- 87% preferred the **portability**¹
- 61% preferred the **consistency**¹
- 59% preferred the **taste**¹
- 64% preferred **Kristalose overall**¹



[CLICK FOR SAMPLES](#)

Kristalose is indicated for the treatment of constipation. In patients with a history of chronic constipation, lactulose therapy increases the number of bowel movements per day and the number of days on which bowel movements occur.

Patients Prefer Kristalose¹

- Once-daily powder dosing
- Virtually tasteless
- Palatable—not thick or sticky
- No need to take with food

Powder Form of Lactulose

- Dissolves quickly in just 4oz of water
- The only powder available by prescription
- Lactulose has been FDA approved for over 40 years

Contraindications

KRISTALOSE® is contraindicated in patients who require a low-galactose diet and should be used with caution in diabetics.

References

1. Barish CF, Voss B, Kaelin B. Comparison of preference and safety of powder and liquid lactulose in adult patients with chronic Constipation. *Clin Exper Gastroenterol*. 2010 3:153-158.
2. Data on File, Cumberland Pharmaceuticals Inc..
3. Kristalose (Package Insert). Cumberland Pharmaceuticals Inc. July 2018

Portable & Convenient

- Portable, pre-measured powder packets
- No bulky or heavy bottles to carry

Well Tolerated & Effective

- No negative pregnancy test or concomitant use of contraception required
- Less than 1.5 calories per 10g dose
- Usually works within 24–48 hours

DOSING CONVERSIONS²

10 g

packet of Kristalose is equivalent to 15 mL (1 tbsp or 3 tsp) of liquid lactulose

20 g

packet of Kristalose is equivalent to 30 mL (2 tbsp or 6 tsp) of liquid lactulose



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Please see Important Safety Information on back and full Prescribing Information attached

Doctors are saying . . .

“The most common concern I get during post-op is that the patient is constipated. Now, **Kristalose is a part of my post-op regimen scripts, it’s safe and effective.**”

CHARLOTTE A. HODGES, MD/MBA, FASMBS

“I am surprised at the number of people that have chronic constipation and don’t even realize it. **Kristalose has really worked for this patient type.**”

CHARLOTTE A. HODGES, MD/MBA, FASMBS

“By the time they get to me, patients have already tried everything over the counter for constipation, and **they want something different that works. That’s where Kristalose comes in.**”

ANNETTE E WHITNEY, M.D.

“I have great compliance with **Kristalose, its tasteless. It really works.**”

EFREN G. RODRIGUEZ, M.D., F.A.A.P.

“Adults are complaining about the taste of Lactulose in my practice . . . **the easier to take the medication, the better the compliance, the more effective the treatment is.**”

LUIS GONZALEZ, M.D.

Indication

KRISTALOSE® is indicated for the treatment of constipation. In patients with a history of chronic constipation, lactulose therapy increases the number of bowel movements per day and the number of days on which bowel movements occur.

Important Safety Information

Contraindications

KRISTALOSE® is contraindicated in patients who require a low-galactose diet and should be used with caution in diabetics.

Adverse Reactions

Initial dosing may produce flatulence and intestinal cramps, which are usually transient. Excessive dosage can lead to diarrhea with potential complications, such as loss of fluids, hypokalemia, and hypernatremia. Nausea and vomiting have been reported.

Please see Important Safety Information on back and full Prescribing Information attached



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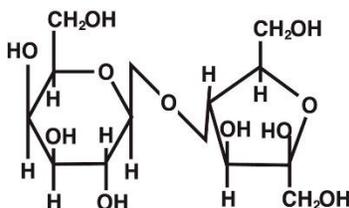
KRISTALOSE® (lactulose)
For Oral Solution
Cumberland Pharmaceuticals Inc.

DESCRIPTION

KRISTALOSE (lactulose) is a synthetic disaccharide in the form of crystals for reconstitution prior to use for oral administration. Each 10 g of lactulose contains less than 0.3 g galactose and lactose as a total sum. The pH range is 3.0 to 7.0.

Lactulose is a colonic acidifier which promotes laxation.

The chemical name for lactulose is 4-O-β-D-Galactopyranosyl-D-fructofuranose. It has the following structural formula:



The molecular formula is C₁₂H₂₂O₁₁. The molecular weight is 342.30.

It is freely soluble in water.

CLINICAL PHARMACOLOGY

KRISTALOSE (lactulose) is poorly absorbed from the gastro-intestinal tract and no enzyme capable of hydrolysis of this disaccharide is present in human gastrointestinal tissue. As a result, oral doses of lactulose reach the colon virtually unchanged. In the colon, lactulose is broken down primarily to lactic acid, and also to small amounts of formic and acetic acids, by the action of colonic bacteria, which results in an increase in osmotic pressure and slight acidification of the colonic contents. This in turn causes an increase in stool water content and softens the stool.

Since lactulose does not exert its effect until it reaches the colon, and since transit time through the colon may be slow, 24 to 48 hours may be required to produce desired bowel movement.

Lactulose given orally to man and experimental animals resulted in only small amounts reaching the blood. Urinary excretion has been determined to be 3% or less and is essentially complete within 24 hours.

INDICATIONS AND USAGE

KRISTALOSE (lactulose) For Oral Solution is indicated for the treatment of constipation. In patients with a history of chronic constipation, lactulose therapy increases the number of bowel movements per day and the number of days on which bowel movements occur.

CONTRAINDICATIONS

Since KRISTALOSE (lactulose) For Oral Solution contains galactose (less than 0.3 g/10 g as a total sum with lactose), it is contraindicated in patients who require a low galactose diet.

WARNINGS

A theoretical hazard may exist for patients being treated with lactulose who may be required to undergo electrocautery procedures during proctoscopy or colonoscopy. Accumulation of H₂ gas in significant concentration in the presence of an electrical spark may result in an explosive reaction. Although this complication has not been reported with lactulose, patients on lactulose therapy undergoing such procedures should have a thorough bowel cleansing with a non-fermentable solution. Insufflation of CO₂ as an additional safeguard may be pursued but is considered to be a redundant measure.

PRECAUTIONS

General

Since KRISTALOSE (lactulose) For Oral Solution contains galactose and lactose (less than 0.3 g/10 g as a total sum), it should be used with caution in diabetics.

Information for Patients

In the event that an unusual diarrheal condition occurs, contact your physician.

Laboratory Tests

Elderly, debilitated patients who receive lactulose for more than six months should have serum electrolytes (potassium, chloride, carbon dioxide) measured periodically.

Drug Interactions

Results of preliminary studies in humans and rats suggest that nonabsorbable antacids given concurrently with lactulose may inhibit the desired lactulose-induced drop in colonic pH. Therefore, a possible lack of desired effect of treatment should be taken into consideration before such drugs are given concomitantly with lactulose.

Carcinogenesis, Mutagenesis, Impairment of Fertility

There are no known human data on long-term potential for carcinogenicity, mutagenicity, or impairment of fertility.

There are no known animal data on long-term potential for mutagenicity.

Administration of lactulose syrup in the diet of mice for 18 months in concentrations of 3 and 10 percent (v/w) did not produce any evidence of carcinogenicity.

In studies in mice, rats, and rabbits, doses of lactulose syrup up to 6 or 12 mL/kg/day produced no deleterious effects in breeding, conception, or parturition.

Pregnancy

Teratogenic Effects

Reproduction studies have been performed in mice, rats, and rabbits at doses up to 3 or 6 times the usual human oral dose and have revealed no evidence of impaired fertility or harm to the fetus due to lactulose. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, this drug should be used during pregnancy only if clearly needed.

Nursing Mothers

It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when lactulose is administered to a nursing woman.

Pediatric Use

Safety and effectiveness in pediatric patients have not been established.

ADVERSE REACTIONS

Precise frequency data are not available.

Initial dosing may produce flatulence and intestinal cramps, which are usually transient. Excessive dosage can lead to diarrhea with potential complications such as loss of fluids, hypokalemia, and hypernatremia.

Nausea and vomiting have been reported.

OVERDOSAGE

Signs and Symptoms

There have been no reports of accidental overdosage. In the event of overdosage, it is expected that diarrhea and abdominal cramps would be the major symptoms. Medication should be terminated.

Oral LD₅₀

The acute oral LD₅₀ of the drug is 48.8 mL/kg in mice and greater than 30 mL/kg in rats.

Dialysis

Dialysis data are not available for lactulose. Its molecular similarity to sucrose, however, would suggest that it should be dialyzable.

DOSAGE AND ADMINISTRATION

The usual adult dosage is 10 g to 20 g of lactulose daily. The dose may be increased to 40 g daily if necessary. Twenty-four to 48 hours may be required to produce a normal bowel movement.

DIRECTIONS FOR PREPARATION

Dissolve contents of packet in half a glass (4 ounces) of water.

When Lactulose For Oral Solution is dissolved in water, the resulting solution may be colorless to a slightly pale yellow color.

HOW SUPPLIED

KRISTALOSE (lactulose) For Oral Solution is available in single dose packets of 10 g (NDC 66220-719-01) and single dose packets of 20 g (NDC 66220-729-01). The packets are supplied as follows:

NDC 66220-719-30

(Carton of thirty 10 g packets)

NDC 66220-729-30

(Carton of thirty 20 g packets)

STORE AT ROOM TEMPERATURE, 15°-30°C (59°-86°F).

To report SUSPECTED ADVERSE REACTIONS, contact Cumberland Pharmaceuticals Inc. at 1-877-484-2700 or FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

Manufactured for:
CUMBERLAND PHARMACEUTICALS INC.
Nashville, TN 37203

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