**Introduction**

Fibers are resistant to the action of human digestive enzymes. Soluble fibers are mainly found in fruits, vegetables, pulses, oat, barley and rye. They cause effects in the digestion time in stomach and small intestine.

Paracetamol is an analgesic and antipyretic drug used in the symptoms of flu and cold syndroms and mild to moderate pain.

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**Objective**

With this job we intend to understand the influence of soluble fibers on paracetamol absorption.

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**Methods**

We analysed 8 scientific articles from 1973 to 2018, using Pubmed and Google Scholar and 2 books. We used key-words such as Paracetamol, Soluble Fibers, Gastric emptying, Food-drug interaction and Gastrointestinal absorption.

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**Results**

Drugs administered orally are subject to review by pharmaco kinetic and pharmacodynamic processes, among which is a response that is important for the success of the therapy.

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**Conclusion**

Paracetamol is the most widely used drug in the world and it is probably one of the most dangerous compounds in medical use (3). This raises the need to promote the rational use of this drug, alerting even in aspects as simple as the ingestion of a given food to the administration of the drug. There’s no reference to the dose of fibers that will interact with paracetamol, so it’s advisable that when taking this drug, there is no consumption of fibers.

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**References**