

They abbreviated "dolorem" (meaning "pain") to "lorem," which carries no meaning in Latin. "Ipsum" translates to "itself," and the text frequently includes phrases such as "consectetur adipiscing elit" and "ut labore et dolore." These Latin fragments, derived from Cicero's philosophical treatise, were rearranged to create the standard dummy text that has become a fundamental tool in design and typography across generations.

The short answer is that lorem ipsum text doesn't actually "say" anything meaningful. It's deliberately scrambled Latin that doesn't form coherent sentences. While it comes from Cicero's "De Finibus Bonorum et Malorum," the text has been modified so extensively that it's nonsensical.

Why scrambled text? That's exactly the point. By