

1-000-9197-00



NATURAL VEGETABLE FIBER (psyllium husk) powder  
[Qualitest Pharmaceuticals]

Active Ingredient (in each dose)  
Psyllium husk 3.4 g

**Purpose**

Bulk-forming laxative

**Uses** For relief of occasional constipation and restoring regularity. Natural bulk producing fiber encourages normal elimination without chemical stimulants.

**Warnings**

Allergy alert: may cause allergic reaction in people sensitive to inhaled or ingested psyllium.

Choking: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

**Ask a doctor before use if you have**

- abdominal pain, nausea, vomiting or rectal bleeding
- a sudden change in bowel habits that persists over a period of 2 weeks
- constipation associated with gastrointestinal disorders

**Ask a doctor or pharmacist before use if you are taking any other drug.** Take this product 2 or more hours before or after other drugs. All laxatives may affect how other drugs work.

**Stop use and ask a doctor if constipation persists beyond 7 days.** This could be a sign of a serious condition.

**Keep out of reach of children.**

In case of overdose, get medical help or contact a Poison Control Center right away.

**Directions** This product generally produces effect in 12-72 hours. Put one dose into an empty glass. Fill glass with at least 8 oz of water or your favorite beverage. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir.

- mix this product (child or adult dose) with at least 8 ounces (a full glass) of water or other liquid.
- taking this product without enough liquid may cause choking, see choking warning.
- can be taken before or after meals

Age	Dose
adults and children 12 years and older	1 rounded teaspoon (5.4 g) in 8 oz of liquid. up to 3 times daily.
children 6 to under 12 years	1/2 adult dose in 8 oz. liquid. up to 3 times daily
children under 6 years	consult a doctor

**Other information**

- each 5.4g dose contains: potassium 27 mg, sodium 6 mg, calcium 7 mg.
- store below 30 Degree C (86°F), tightly closed to protect from humidity

**Inactive Ingredients** maltodextrin, silicon dioxide.

\*This product is not manufactured or distributed by Procter and Gamble, owner or the registered trademark METAMUCIL®.

Manufactured in the USA for Qualitest Pharmaceuticals

130 Vintage Drive Huntsville, AL 35811

NDC 0603-0992-63

**SUGAR FREE**

Not a low calorie product

\*Compare to the Active Ingredient in METAMUCIL

**REGULAR FLAVOR**

Natural Vegetable Fiber

100% NATURAL PSYLLIUM FIBER

Daily Source of Soluble Fiber

Dietary Fiber Supplement/Bulk Forming Laxative

Fiber Therapy for Regularity

**SMOOTH TEXTURE**

48 Teaspoon Doses

NET WT 10 OZ (283 g)

Fill Controlled by weight not volume

DO NOT USE IF PRINTED SEAL UNDER CAP IS TORN OR MISSING

**SUGAR FREE**

Not a low calorie product.

**REGULAR FLAVOR**

NDC 0603-0992-63  
\*Compare to the active ingredient in METAMUCIL®



FOR FIBER LAXATIVE USE	
Drug Facts	
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Psyllium husk 3.4 g	Bulk-forming laxative
<b>Uses</b> For relief of occasional constipation and restoring regularity. Natural bulk producing fiber encourages normal elimination without chemical stimulants.	
<b>Warnings</b>	
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<b>Ask a doctor before use if you have</b>	
• abdominal pain, nausea, vomiting or rectal bleeding	
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• constipation associated with gastrointestinal disorders	
<b>Stop use and ask a doctor if constipation persists beyond 7 days.</b> This could be a sign of a serious condition.	
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• each 5.4g dose contains: potassium 27 mg; sodium 6 mg; calcium 7mg.	
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for Qualitest Pharmaceuticals  
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Huntsville, AL 35811



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Dietary Fiber Supplement/Bulk Forming Laxative

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