



Item Code: 321766
UPC: 31191716225

Details

Quick view

- Relieves occasional constipation
 - Each serving adds 3 g fiber to your diet
 - Gluten free
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- Pharmacist recommended*
 - Gluten free
 - 114 teaspoon doses

*Walgreens pharmacist survey study, November 2012.

100% satisfaction guaranteed

Laxative: Put one dose into an empty glass. Mix this product (child or adult dose) with at least 8 ounces (a full glass) of water or other fluid. Taking this product without enough liquid may cause choking. See choking warning. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir.

- Adults 12 years and older: 1 rounded teaspoon in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours
- 6-11 years: 1/2 adult dose in 8 oz of liquid, up to 3 times daily
- Under 6 years: Consult a doctor

Bulk-forming fibers like psyllium husk may affect how well other medicines work. If you are taking a prescription medicine by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine. As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating. New users: Start with 1 dose per day; gradually increase to 3 doses per day as necessary. Fiber supplement: Adults 12 years and older: Put 1 rounded teaspoon into an empty glass and mix with 8 oz of liquid up to 3 times daily for daily fiber supplement. Under 12 years: Consult a doctor. Notice: Mix this product with at least 8 oz (a full glass) of liquid. Taking this product without enough liquid may cause choking. Do not take if you have difficulty swallowing.

Other Information:

- Each teaspoon contains: potassium 30 mg, sodium 5 mg
- Store at room temperature tightly closed to protect from humidity
- Contains a 100% natural, therapeutic fiber

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Warnings

Laxative: **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 swallowing or breathing after taking this product, seek immediate medical attention.

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

Ask a doctor before use if you have

A sudden change in bowel habits persisting for 2 weeks
Abdominal pain, nausea or vomiting

Stop use and ask a doctor if

Constipation lasts more than 7 days

Rectal bleeding occurs
These may be signs 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. Fiber supplement: Read entire label, including warnings in ***Drug Facts.***

Ingredients

Single:

Inactive Ingredients: Psyllium Husk, Silica, Sucrose

	Single	
servingSize	1 tsp	
servingPerContainer	114	
	Amount per Serving	%DV
Sodium	5mg	
Potassium	30mg	
Total Carbohydrate	7g	
Dietary fiber	3g	
Soluble fiber	2g	
Sugars	3g	
Iron	.4mg	
Calories	25	