



NDC 0536-4445-54

COMPARE TO
ACTIVE INGREDIENT IN
METAMUCIL®

ORANGE FLAVOR

Reguloid®**NATURAL VEGETABLE
BULK-FORMING LAXATIVE POWDER
& DIETARY FIBER SUPPLEMENT****PSYLLIUM HUSK**

- Gentle, Effective Relief From Constipation
- Daily Fiber Source
- No Chemical Stimulants, Not Addictive

**Net Wt. 13 oz
(369 g)****LAXATIVE****Drug Facts****Active ingredient (in each rounded TABLESPOON)** **Purpose**

Psyllium Husk, approximately 3.4 g Bulk-forming Laxative

Uses

- relieves occasional constipation
- generally produces bowel movement in 12-72 hours

Warnings

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.

Allergy alert: This product may cause an 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

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

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.

Directions • put one dose into an empty glass
• mix this product (child or adult dose) with at least 8 ounces (oz) (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 & children 12 years & over	1 rounded TABLESPOON in 8 oz of liquid, up to 3 times daily
children 6 to under 12 years	1/2 adult dose in 8 oz of liquid, up to 3 times daily
children under 6 years	ask a doctor

New Users: Start with one dose per day, gradually increase to 3 doses per day as necessary. As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.

Other information each tablespoon contains:

potassium 30 mg, sodium 5 mg

Inactive ingredients Citric acid, FD&C yellow #6, FD&C yellow #6 lake, natural orange flavor and sucrose

Questions or comments?

1-800-645-2158

DIETARY FIBER SUPPLEMENT

Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in Reguloid, may reduce the risk of heart disease by lowering cholesterol. One adult dose of Reguloid has 2 grams of this soluble fiber. Consult a doctor if you are considering use of this product as part of a cholesterol-lowering program.

SEE WARNINGS & DIRECTIONS IN LAXATIVE SECTION.

Dosage: adults and children 12 years and over:

1 rounded tablespoon in 8 ounces of liquid, 3 times daily
children under 12 years: ask a doctor.

Supplement Facts

Serving Size 1 rounded tablespoon (12 g)
Servings per container 30

Amount per serving		% DV**
Calories 45		
Total Carbohydrates	12 g	4%
Dietary Fiber	3 g	12%
Soluble Fiber	2 g	†
Sugars	9 g	†
Iron	0.8 mg	4%
Sodium	5 mg	<1%
Potassium	30 mg	<1%

**% Daily Value (DV) is based on a 2,000 calorie diet.
† Daily Value (DV) not established.

INGREDIENTS: Sucrose, psyllium husk, citric acid, natural orange flavor, FD&C yellow #6 and FD&C yellow #6 lake

**TAMPER EVIDENT: DO NOT USE IF IMPRINTED
INNER FOIL SEAL IS BROKEN OR MISSING**

Store below 30°C (86°F). Protect contents from humidity. Keep tightly closed.

*Rugby Laboratories is not affiliated with the owner of the trademark Metamucil®.



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