



FROM OUR FAMILY
TO YOURS

COMPARE TO the
active ingredient of
METAMUCIL®
CAPSULES
**See back panel



DIETARY SUPPLEMENT

Fiber Capsules

Relieves Occasional Constipation

160
CAPSULES



actual size

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

Fiber Supplement Information

Dosage: To increase your daily fiber intake. Diets low in soluble fiber, such as those that include 7 grams of soluble fiber per day, may increase the risk of heart disease. One serving of this product provides 2.4 grams of soluble fiber. Consult a doctor if you are considering use of this product as part of a cholesterol-lowering program.

Warnings

Read entire label, including warnings in **Drug Facts Under Peel-back**.

Directions: Adults 12 yrs. & older: 2-6 capsules for increasing daily fiber intake; 1 capsule for cholesterol lowering use. Take this product with food and/or 1 capsule at a time, up to 3 times daily. **NOTE:** This product with at least 8 oz. (a full glass) of liquid. Taking the product with enough liquid may cause choking. Do not take if you have the warning. See choking warning.

DEPT. THE KROGER CO., CINCINNATI, OHIO 45202

QUALITY GUARANTEE
800-4-KROGER • www.kroger.com

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Supplement Facts

Serving Size: 6 Capsules
Servings Per Container: About 26

Amount Per Serving	% DV*
Calories 10	
Total Carb. 3 g	10%
Dietary Fiber 3 g	10%
Soluble Fiber 2 g	†
Protein: Less than 1 gram	
Iron 0.4 mg	2%
Potassium 30 mg	<1%

*Percent Daily Values (DV) are based on a diet of 2,000 calories a day.
† Daily Value not established.

INGREDIENTS: PSYLLIUM HUSK, GELATIN, POLYSORBATE 80, CAMEL COLOR, SHELLAC, IRON OXIDE.

MFR# 53641
REV 11/13

LOT:

6507500

JUN2017

EXP:

6507500

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PEEL HERE FOR
DRUG FACTS

