

Drug Facts

Active Ingredient (in each tablespoon)

Psyllium Hydrophilic Mucilloid 3.4 g

Purpose

Laxative

Use For relief of occasional constipation and aid in regularity. This product generally produces bowel movements within 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.

Do not use

- when abdominal pain, nausea or vomiting are present unless directed by a doctor
- if constipation lasts more than seven days
- if you have difficulty swallowing

Ask a doctor before use if you have

- noticed a sudden change in bowel habits that persists over a period of 2 weeks

Stop use and ask a doctor if

- you experience rectal bleeding or fail to have a bowel movement, as 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 Mix this product with at least 8 ounces (a full glass) of water or other fluid. Taking this product without enough fluid may cause choking. See choking warning.

adults and children 12 years and older	one tablespoon 1 to 3 times daily
children 6 to under 12 years of age	1/2 tablespoon 1 to 3 times daily
children under 6 years of age	consult a doctor

Other Information

- each tablespoon contains Potassium 25mg, Sodium 5mg
- laxatives, including bulk fibers, may affect how other medicines work, wait 1-2 hours before or after taking other medicines
- tamper-evident bottle mouth sealed for your protection
- do not use if imprinted inner seal is broken or missing
- do not discard Konsyl into any plumbing system
- store below 86° F (30° C)
- keep container tightly closed-protect from excessive moisture
- can be taken before or after meals, mornings or evenings

Inactive Ingredients Citric Acid, D&C Yellow No. 10, FD&C Yellow No. 6, Natural and Artificial Orange Flavor, Sugar

Questions or Comments? 1-800-356-6795 8:30 a.m. to 5 p.m. ET.

*For lowering cholesterol to promote heart health. Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk as in Konsyl Orange may reduce the risk of heart disease by lowering cholesterol. One adult dose of Konsyl Orange has 2 grams of this soluble fiber.

NEW LOOK
Same trusted
formula!

Konsyl

ORANGE FLAVOR DAILY FIBER 100% Natural Psyllium

- ✓ Helps support digestive health
- ✓ Helps support healthy weight*
- ✓ Helps lower cholesterol to promote heart health**

Naturally and
Artificially Flavored

NET WEIGHT 19 oz (538g) POWDER LAXATIVE / FIBER SUPPLEMENT

NDC 0224-1852-80

NATURALLY
SWEETENED

Supplement Facts

Serving Size: 1 tablespoon (12g)
Servings Per Container 45

Amount Per Serving	% Daily Value
Calories 45	
Total Carbohydrate 11g	4%*
Dietary Fiber 3g	11%*
Soluble Fiber 2g	†
Insoluble Fiber 1g	†
Sugars 7g	†
Iron 1g	6%
Sodium 5mg	<1%

* Percent Daily Values are based on a 2,000 calorie diet † Daily Value not established

Ingredients: Sugar, Psyllium Hydrophilic Mucilloid (Husks), Citric Acid, Natural and Artificial Orange Flavor, D&C Yellow No. 10, FD&C Yellow No. 6.

Manufactured For:
Konsyl Pharmaceuticals, Inc. Easton, MD 21601
www.konsyl.com ©Konsyl Pharmaceuticals, Inc.

Dosage: Adults and children 12 years and over: One tablespoon 1 to 3 times daily. Children 6 to under 12 years of age: 1/2 tablespoon 1 to 3 times daily. Follow with additional fluid to aid product action, before or after meals, mornings or evenings. **Children under 6 years of age:** consult a doctor.

Notice: This product should be taken with at least a full glass of liquid. 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 or breathing after taking this product, seek immediate medical attention. **WARNING:** This product can expose you to chemicals including lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov. Read entire label, including warnings in Drug Facts. **Allergy Alert:** Inhaled or ingested psyllium powder may cause an allergic reaction in people sensitive to psyllium.

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



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