

Drug Facts

Active Ingredient (in each teaspoon) Psyllium Hydrophilic Mucilloid 3.5g **Purpose** Laxative

Use For relief of occasional constipation and to 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 teaspoon 1 to 3 times daily
children 6 to under 12 years of age	1/2 teaspoon 1 to 3 times daily
children under 6 years of age	consult a doctor

Other Information

- each 5.8g dose contains **Potassium** 35mg
- 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, FD&C Yellow No. 6, Maltodextrin, Natural and Artificial Orange Flavor, Rebbaudioside A, Silicon Dioxide.

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 Sugar-Free may reduce the risk of heart disease by lowering cholesterol. One adult dose of Konsyl Orange Sugar-Free has 2 grams of this soluble fiber.

NDC 0224-18



Konsyl

SUGAR FREE ORANGE
DAILY FIBER
100% Natural Psyllium

SUGAR FREE

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



Supplement Facts

Serving Size: 1 teaspoon (5.8g)
Servings Per Container 77

Amount Per Serving	% Daily Value
Calories 20	
Total Carbohydrate 5g	2%*
Dietary Fiber 3g	12%*
Soluble Fiber 2g	†
Insoluble Fiber less than 1g	†

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

Ingredients: Psyllium Hydrophilic Mucilloid (Husks), Maltodextrin, Natural and Artificial Orange Flavor, Citric Acid, Rebbaudioside A, 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 teaspoon 1 to 3 times daily. Children 6 to under 12 years of age: 1/2 teaspoon 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. If you experience chest pain, vomiting, or 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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