

NEW STYLE!

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NDC 0224-1901-91

Konsyl

ORIGINAL
DAILY PSYLLIUM FIBERHelps support regularity
and digestive health

Made From Nature

All-Natural

Fiber Supplement

NON
GMOSUGAR
FREEGLUTEN
FREEPAREVE
PASSOVER

POWDER LAXATIVE / FIBER SUPPLEMENT

NET WEIGHT 12 oz (340g)

Drug Facts

Active ingredient (in each teaspoon)	Purpose
Psyllium Hydrophilic Mucilloid 5g	Bulk-forming 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 there 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 12 years of age: 1/2 teaspoon 1 to 3 times daily
Children under 6 years of age: consult a doctor

Other information

- Each 5g dose contains Potassium 50mg
- Medicines, including bulk fibers, may affect how other medicines work. Wait 1-2 hours before or after taking other medicines
- Seal-tight container bag sealed for your protection
- Do not use if seal of bag is broken or missing
- Do not discard Konsyl into any plumbing system
- Store below 60° F (15° C)
- Keep bag tightly closed to protect from excessive moisture

Inactive ingredients

none
Questions or Comments? 1-800-822-4192 8:30 a.m. to 5 p.m. ET

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

*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 Original Formula may reduce the risk of heart disease by lowering cholesterol. One adult dose of Konsyl Original Formula has 3 grams of this soluble fiber.

Supplement Facts

Serving Size: 1 teaspoon (5g)
Servings Per Container About 57

Amount Per Serving	% Daily Value
Calories 20	
Total Carbohydrate 5g	2%*
Dietary Fiber 5g	20%*
Soluble Fiber 3g	†
Iron 1mg	6%*

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

Ingredient: Psyllium Hydrophilic Mucilloid (Husk)

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 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.PSDWarnings.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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