

NDC 0224-2001-91

Konsyl **CARE**

TOTAL FIBER

Specially formulated for people with diabetes

Use as part of your diet to help maintain healthy blood sugar levels*

Diabetic Friendly



100% NATURAL
PSYLLIUM



NO ADDED
INGREDIENTS



SUGAR
FREE



ASPARTAME
FREE

FIBER SUPPLEMENT | POWDER LAXATIVE | Net Wt. 12 oz (340g)

Drug Facts

Active Ingredient (in each teaspoon)	Purpose
Psyllium Hydrophilic Mucilloid 6g.....	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 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 6g dose contains Potassium 50mg	
■ laxatives, including bulk fibers, may affect how other medicines work, wait 1-2 hours before or after taking other medicines	
■ tamper-evident 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 86° F (30° C)	
■ keep bag tightly closed to protect from excessive moisture	
Inactive Ingredients none	

Helps support healthy weight +
Helps lower cholesterol to promote heart health**
* 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 Total Fiber may reduce the risk of heart disease by lowering cholesterol. One adult dose of Konsyl Total Fiber has 3 grams of this soluble fiber.

To report a serious adverse event, contact
8050 Industrial Park Road Easton, MD 21601.

Supplement Facts

Serving Size: 1 teaspoon (6g)
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%*
Psyllium Husk 6g	†

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

Ingredients: Psyllium Hydrophilic Mucilloid (Husks)

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 (maximum 30g). Children 6 to under 12 years of age: 1/2 teaspoon 1 to 3 times daily (maximum 15g). 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.

Questions or Comments? +1-410-822-5192 8:30 a.m. to 5 p.m. ET.

* 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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