

Konsyl as a Fiber Laxative

NDC 0224-1801-07

Drug Facts

Active Ingredient (in each dose)
Psyllium Hydrophilic Mucilloid 6 grams.....Bulk-Forming Laxative

Use For relief of occasional constipation and to induce regularity. KONSYL generally produces bowel movements within 12-72 hours.

Warnings

Allergy alert As with any natural grain product, inhaled or ingested psyllium powder may cause an allergic reaction in people sensitive to psyllium.

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 laxative products when abdominal pain, nausea or vomiting are present unless directed by a doctor.

Ask a doctor before use if you have

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

Stop use and ask a doctor if

- you experience rectal bleeding
- you fail to have a bowel movement

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 (child or adult dose) with at least 8 ounces (a full glass) of water or other fluid. Taking this product without enough fluid may cause choking. See choking warnings.

Adults and children 12 years and older: sprinkle one dose (one rounded teaspoonful) into a shaker cup or closed container; with at least 8 oz. of juice, water or other beverage; shake 3 to 5 seconds; drink promptly; if mixture thickens, add more fluid, stir; follow with additional fluid to aid product action; take 1-3 times daily.

Children 6 years to under 12 years: 1/2 adult dose, in 8 oz. of fluid; 1-3 times daily.

Children under 6 years: ask a doctor.

Other Information

- each 6.0 gram dose contains: Calcium 10mg, Potassium 55mg, Sodium 5 mg.
- maximum daily dose (3 teaspoonfuls) is very low in sodium
- do not discard KONSYL powder into any plumbing systems
- Laxatives, including bulk fibers, may affect how other medicines work; wait 1-2 hours before or after taking other medicines.
- No additives, No sugars, gluten free, No flavors, 100% Natural
- safe for diabetics, non habit-forming
- tamper-evident bottle mouth sealed for your protection
- do not use if imprinted inner seal is broken or missing
- store below 86° F (30° C)
- keep container tightly closed-protect from excessive moisture
- can be taken 1 to 3 times daily, before or after meals, mornings or evenings

Inactive Ingredients

None

Questions or Comments?

1-800-356-6795 8:30 a.m. to 5 p.m. ET.

KONSYL

100% ALL-NATURAL

ORIGINAL FORMULA

PSYLLIUM FIBER

Lowers Cholesterol to Reduce Risk of Heart Disease

Also helps support

- Diabetes Management*
- Digestive Health
- Healthy Weight*

**More
Psyllium
Per Dose! ****

**Sugar Free • Gluten Free
SUPPLEMENT / LAXATIVE**

NET WEIGHT 450g (15.9oz)

(Fill controlled by weight, not volume)

Dietary Fiber Supplement

Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk may reduce the risk of Coronary Heart Disease (CHD) by lowering cholesterol. ONE ADULT DOSE OF KONSYL CONTAINS 3.0 GRAMS OF THIS SOLUBLE FIBER = 6 GRAMS OF PSYLLIUM.

Dosage Adults 12 years and older:

1 Rounded teaspoonful in 8 oz. of fluid 2 TIMES DAILY, follow with additional fluid to aid product action, before or after meals, mornings or evenings. Children under 12 years: Consult a doctor.

Notice Ask a doctor before use if you consider taking this product as part of a cholesterol-lowering program.

Warnings Read entire label, including warnings in Drug Facts.

Supplement Facts

Serving size (dose): 1 rounded teaspoonful psyllium 6.0g

Servings per container 75

Amount Per Serving	%DV*
Calories (Available)	3
Sodium	0%
Carbohydrates (Available)	0.5 g 0%
Dietary Fiber	5 g 20%
Soluble Fiber	3 g *
Sugars	0 *
Calcium	0%
Iron	10%

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

Active Ingredient Each rounded teaspoonful contains 6 grams of 100% Natural Psyllium Hydrophilic Mucilloid, equal to 3 grams of Soluble Fiber.

Inactive Ingredients None

Starting out with Konsyl?

When using this product, physicians recommend a gradual increase in dietary fiber. If minor gas or bloating occurs, begin with a half dose of KONSYL, and slowly increase the dose over several days. Always follow with 8 oz. of fluid.

**More psyllium fiber per dose than the leading brands.

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

Manufactured by
Konsyl Pharmaceuticals, Inc.

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