



100% natural psyllium seed husk fiber

100% satisfaction guaranteed with all Walgreens products or your money back.

- Take this product (child or adult dose) with a full glass of water (8 oz) or other fluid. Taking this product without enough liquid may cause choking. See choking warning
- Swallow capsules one at a time
- Daily maximum 3 doses
- Dosage will vary according to diet, exercise, previous laxative use or severity of constipation

- Product generally produces effect in 12-72 hours
- As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating
- Adults and children 12 years & older: 5 capsules, 1 to 3 times a day
- Children 6 to 11 years: Consider using a powder form of this product
- Children under 6 years: Ask a doctor

Fiber supplement:

- Adults 12 yrs. & older: 2-6 capsules for increasing daily fiber intake; 6 capsules for cholesterol-lowering use
- Take this product with 8 oz. of liquid (swallow 1 capsule at a time) up to 3 times daily

.Other Information:

- Store at room temperature
- Keep tightly closed to protect contents from humidity
- Each capsule contains potassium 5 mg

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Active Ingredients

Psyllium Husk Fiber 0.52%

Inactive Ingredients

Blue 1 , Caramel Color , Gelatin , Polysorbate 80 , Shellac , Sodium Lauryl Sulfate , Titanium Dioxide , Psyllium Husk

Nutrition Facts	
Serving Size : 6 Capsules ↑	
Serving per Container : 53	
Calories : 10	
Amount Per Serving	% Daily value*
Total Carbohydrate 3g	1
Dietary fiber 3g	11
Soluble fiber 2g	*
Protein 1g	
Iron 0.4mg	2
Potassium 30mg ↑	1