



Citrucel Fiber Therapy, Methylcellulose, Sugar Free, Orange Flavor

16.9 oz.

Methylcellulose fiber therapy for regularity. With SmartFiber. Great taste and clinically proven effective. The only fiber for regularity that won't cause excess gas (Based on laboratory testing. Individual results may vary). Citrucel's unique SmartFiber is smart because it is: the only fiber that won't ferment to cause excess gas like other fiber products (Based on laboratory testing Individual results may vary); clinically proven effective to help restore and maintain regularity; gentle enough for everyday use; 100% soluble, non-allergenic and gluten-free. Each rounded tablespoon contains: calcium 85 mg + and potassium (125 mg). Each rounded tablespoon contributes 24 calories from maltodextrin. +

Ingredients

Active Ingredient (in Each Rounded Tablespoon): Methylcellulose (a Non-Allergenic Fiber) (2 g). Inactive Ingredients: Aspartame, Dibasic Calcium Phosphate, FD&C Yellow 6 Lake, Malic Acid, Maltodextrin, Orange Flavors (Natural and Artificial Flavor), Potassium Citrate, Riboflavin.

Warnings

Tamper Evident Package: Printed inner seal beneath cap. Do not use if missing or broken. 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. Ask a doctor before use if you have a sudden change in bowel habits that persists for two weeks; abdominal pain, nausea or vomiting. Stop use and ask a doctor if constipation lasts more than 7 days; you have rectal bleeding (These could 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. Phenylketonurics: Contains phenylalanine (52 mg) per adult dose.

Directions

No Scoop Dosing (We are as concerned about the environment as you are so we have removed the scoop from our Citrucel powder products. Doing so helps save energy, reduce the amount of plastic produced and improve environmental footprints): 1. Fill glass with at least 8 oz of cold water. 2. Measure rounded tablespoon of product (one dose) and stir product into water. Stir briskly and drink promptly. 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 liquid may cause choking. See choking warning. Use product at the first sign of constipation or irregularity. Put one dose in a full glass of cold water. Stir briskly and drink promptly. Drinking another glass of water is helpful. Adults & Children 12 Years of Age and Over: Start with 1 rounded tablespoon. Increase as needed, 1 rounded tablespoon at a time, up to 3 times per day. Children 6-11 Years of Age: Start with 2 level teaspoons. Increase as needed, 2 level teaspoons at a time, up to 3 times per day. Children Under 6 Years of Age: Consult a physician. Store below 77 degrees F (25 degrees C). Protect contents from humidity. Keep tightly closed.

Indications

Relieves constipation (irregularity). Helps to restore and maintain regularity. For constipation associated with other bowel disorders like IBS when recommended by a doctor. Generally produces a bowel movement in 12-72 hours.