

Drug Facts

Active ingredient (in each tablespoon)

Psyllium Hydrophilic Mucilloid 6g

Purpose

Laxative

Uses For relief of occasional constipation and to induce 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 tablespoon 1 to 3 times daily
children 6 to under 12 years of age	1/2 tablespoon 1 to 3 times daily
children under 6 years of age	consult a doctor

Other information

- each 9.0g dose contains Potassium 50mg
- laxatives, including bulk fibers, may affect how other medicines work, wait 1-2 hours before or after taking other medicine
- tamper-evident bottle mouth sealed for your protection
- do not use if imprinted inner seal is broken or missing
- do not discard Konsyl into any plumbing system
- store below 86°F (30°C)
- keep container tightly closed-protect from excessive moisture
- can be taken before or after meals, mornings or evenings

Inactive ingredients Citric Acid, FD&C Yellow No. 6, Maltodextrin, Natural and Artificial Orange Flavor, Rebaculoside A, Silicon Dioxide

Questions or Comments? 1-800-356-6795 8:30 a.m. to 5 p.m. ET.

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

†† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

NDK 0224-1879-80

KONSYL

CONTAINS 100% NATURAL PSYLLIUM HUSK

ORANGE EXTRA STRENGTH FORMULA

MORE PSYLLIUM FIBER PER DOSE

Promotes Digestive Health††

Helps Support Healthy Weight††

Helps Lower Cholesterol
To Promote Heart Health*

Sugar and Gluten Free

Heart
Healthy

Sweetened
with Stevia

Smooth Texture
45 Doses

LAXATIVE / SUPPLEMENT
naturally and artificially flavored

NET WEIGHT 405g (14.3oz)

Supplement Facts

Serving Size: 1 tablespoon (9g)
Servings Per Container 45

Amount Per Serving	% Daily Value
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Calories 30

Total Carbohydrate 8g	3%**
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Dietary Fiber 5g	20%**
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Soluble Fiber 3g	†
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Insoluble Fiber less than 1g	†
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**Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

Ingredients: Psyllium Hydrophilic Mucilloid (Husk), Maltodextrin, Natural And Artificial Flavor, Citric Acid, Silicon Dioxide, Rebaculoside A, FD&C Yellow No. 6.

Manufactured By
Konsyl Pharmaceuticals, Inc.
Easton, MD 21601
www.konsyl.com
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Dosage: Adults and children 12 years and over: One tablespoon 1 to 3 times daily. **Children 6 to under 12 years of age:** 1/2 tablespoon 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. **Warnings:** Read entire label, including warnings in Drug Facts. This product contains a chemical known to the State of California to cause birth defects or other reproductive harm. **Allergy Alert:** Inhaled or ingested psyllium powder may cause an allergic reaction in people sensitive to psyllium.

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