



4-in-1 FIBER

HELPS SUPPORT:

Appetite Control*

Heart Health by
Lowering Cholesterol†

Healthy Blood
Sugar Levels*

Digestive Health*

made with
REAL SUGAR

*See back for information about
soluble fiber and heart disease.

30 - 0.43 OZ (12 g) POWDER PACKETS / NET WT 12.9 OZ (366 g)

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

Drug Facts

Active ingredient (in each PACKET)

Psyllium husk approximately 3.4 g

Purpose

Fiber laxative

Uses

• for relief of occasional constipation (irregularity). This product generally produces bowel movement in 12 to 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.

ALLERGY ALERT: This product may cause allergic reactions in people sensitive to inhaled or ingested psyllium.

Ask a doctor before use if you have

- abdominal pain, nausea or vomiting
- a sudden change in bowel habits persisting for 2 weeks

Ask a doctor or pharmacist before use if you are taking any other drug. Take this product 2 or more hours before or after other drugs. Laxatives may affect how other drugs work.

Stop use and ask a doctor if

- constipation lasts more than 7 days
 - rectal bleeding occurs
 - you fail to have a bowel movement
- These may be signs of a serious condition.

Keep out of reach of children. In case of overdose, contact a doctor or a Poison Control Center right away.

Directions

Put one dose into an empty glass. Mix this product (child or adult dose) with at least 8 ounces (a full glass) of water or other fluid. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir. For a lighter flavor experience and thinner drink, use more water.

Adults 12 yrs. & older	1 packet in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily.
6 – 11 yrs.	½ packet in 8 oz of liquid, up to 3 times daily
Under 6 yrs.	Consult a doctor

As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.

New Users: Start with 1 dose per day; gradually increase to 3 doses per day as necessary.

Other information

- each packet contains: potassium 30 mg; sodium 5 mg
- Store below 86° F (30° C)

Inactive ingredients

citric acid, FD&C Yellow No. 6, natural and artificial orange flavor, sucrose

Supplement Facts

Serving Size

2 Packets (24 g)

1 Packet (12 g)

Servings per Container

15

30

Amount Per Serving

		% DV*		% DV*
Calories	80		40	
Total Carbohydrate	23 g	8%*	12 g	2%*
Dietary Fiber	6 g	21%*	3 g	11%*
Soluble Fiber	5 g	†	2 g	†
Total Sugars	16 g		8 g	
Incl. Added Sugars	16 g	32%	8 g	16%
Iron	0.7 mg	4%	0.4 mg	2%
Sodium	10 mg	<1%	5 mg	<1%
Potassium	60 mg	1%	30 mg	<1%

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

† Daily Value not established.

INGREDIENTS: Sucrose, psyllium husk, citric acid, natural and artificial orange flavor, Yellow 6

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GLUTEN FREE



made with
REAL SUGAR

ORANGE fiber powder / naturally
and artificially flavored

NET WT 0.43 OZ (12.2 g)

THIS UNIT IS NOT
Labeled for
Individual Sale