



NDC 0536-4444-54

COMPARE TO
ACTIVE INGREDIENT IN
METAMUCIL®

REGULAR FLAVOR

Reguloid®NATURAL VEGETABLE
BULK-FORMING LAXATIVE POWDER
& DIETARY FIBER SUPPLEMENT**PSYLLIUM HYDROPHILIC
MUCILLOID**

- Gentle, Effective Relief From Constipation
- Daily Fiber Source
- No Chemical Stimulants, Not Addictive

*Rugby Laboratories, Inc. is not affiliated with the owner of the trademark Metamucil®.
Reguloid® is distributed by Rugby Laboratories, Inc.

Net Wt. 13 oz
(369 g)**LAXATIVE****Drug Facts**

Active ingredient (in each rounded teaspoon) **Purpose**
 Psyllium Hydrophilic Mucilloid 3.4 g Bulk-forming Laxative

Uses

- relieves occasional constipation
- generally produces bowel movement in 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, swelling, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

Do not use for longer than one week.

Ask a doctor before use if you have:

- abdominal pain, nausea, or vomiting
- noticed a sudden change in bowel habits that lasts over two weeks

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

Stop use and ask a doctor if:

- you experience rectal bleeding
- you fail to have a bowel movement after using this product. These may indicate a serious condition.

Keep out of reach of children.

Directions

Mix Reguloid® (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.

- fill container with at least 8 ounces of water, juice, or other liquid
 - sprinkle dosage (see table below) into liquid
 - stir briefly and drink immediately
 - if mixture thickens, add more liquid and stir
 - an additional glass of water is recommended
 - take dose 1-3 times daily
- | | |
|-----------------------------------|--------------------|
| adults & children 12 years & over | 1 rounded teaspoon |
| children 6 to 12 years | 1/2 teaspoon |
| children under 6 years | ask a doctor |

Other information each teaspoonful contains:

potassium 30 mg, sodium 5 mg

Inactive ingredient sucrose

Questions or comments?

Call 1-800-645-2158, 9 am-5 pm ET, Monday-Friday

DIETARY FIBER SUPPLEMENT

Seven grams of soluble fiber from the psyllium in Reguloid®, when used as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

SEE WARNINGS & DIRECTIONS IN LAXATIVE SECTION.

Dosage: adults and children 12 years and over:
1 rounded teaspoon in 8 ounces of liquid, 3 times daily
children under 12 years: ask a doctor.

Supplement Facts

Serving Size 1 rounded teaspoon (7 g)

Servings per container 52

Amount per serving	% DV**
Calories 25	
Total Carbohydrates	7 g 2%
Dietary Fiber	3 g 12%
Soluble Fiber	2 g 4%
Sugars	3 g 6%
Iron	0.4 mg 2%
Sodium	5 mg <1%
Potassium	30 mg <1%

**% Daily Value (DV) is based on a 2,000 calorie diet.

† Daily Values (DV) not established.

TAMPER EVIDENT: DO NOT USE IF IMPRINTED
INNER FOIL SEAL IS BROKEN OR MISSING

Store below 30°C (86°F). Protect contents from
humidity. Keep tightly closed.

Rugby® Duluth, Georgia 30097



Lot # 1-10-100