

*Compare to the active ingredient in **METAMUCIL®**
NDC 53041-650-18

GUARDIAN

Natural Fiber

100% Natural Psyllium Fiber

Fiber Laxative/Dietary Supplement
Relieves Occasional Constipation
Restores Regularity

100 CAPSULES



DO NOT USE IF PRINTED SEAL UNDER CAP IS TORN OR MISSING.

Fiber Supplement Information

Uses An easy way to increase your daily fiber intake. Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in this product, may reduce the risk of heart disease by lowering cholesterol. One serving of this product provides 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of this product as part of a cholesterol-lowering program.

Warnings

Read entire label, including warnings in Drug Facts Under Peel-back.

Directions Adults 12 yrs. & older: 2-6 capsules for increasing daily fiber intake; 6 capsules for cholesterol lowering use. Take this product with 8oz. of liquid (swallow 1 capsule at a time) up to 3 times daily. NOTICE: Take this product with at least 8 oz. (a full glass) of liquid. Taking this product without enough liquid may cause choking. Do not take if you have difficulty swallowing. See choking warning.

*This product is not manufactured or distributed by Procter & Gamble, the distributor of METAMUCIL® Capsules.

Guardian Drug Company
2 Charles Court
Dayton, NJ 08810

Supplement Facts

Serving Size: 6 Capsules
Servings Per Container: About 18

Amount Per Serving	% DV*
Calories 10	
Total Carb. 3 g	1%
Dietary Fiber 3 g	11%
Soluble Fiber 2 g	†
Protein: Less than 1 gram	
Iron 0.4 mg	2%
Potassium 30 mg	<1%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value not established.

INGREDIENTS: Psyllium husk, gelatin, poly sorbate 80, caramel color, shellac, iron oxide.

LOT:

MFR# 53041
REV 0214

EXP:

PEEL HERE FOR
DRUG FACTS



Drug Facts

Active ingredient (in each capsule) Psyllium husk approx. 0.52 g.....
Purpose Bulk-forming laxative

Uses relieves: ■ occasional constipation ■ helps restore regularity
■ this product 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, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

Allergy alert: this product may cause an allergic reaction in people sensitive to inhaled or ingested psyllium

Ask a doctor before use if you have

- abdominal pain, nausea or vomiting
- difficulty in swallowing
- a sudden change in bowel habits that persists over a period of 2 weeks

Stop use and ask a doctor if

- you fail to have a bowel movement after use or have rectal bleeding. These could be signs of a serious condition.
- symptoms persist more than 1 week

Keep out of the reach of children. In case of overdose, get medical help or contact a Poison Control Center immediately.

Directions

■ take this product (child or adult dose) with a full glass of water (8oz.) or other fluid. Taking this product without enough liquid may cause choking. See choking warning. ■ swallow one capsule at a time ■ daily maximum 3 doses
■ dosage will vary according to diet, exercise, previous laxative use or severity of constipation

adults and children 12 years & older	5 capsules, 1 to 3 times a day
children 6 to 11 years	consider use of powder form of product
children under 6 years	ask a doctor

Laxatives, including bulk fibers, may affect how well other medicines work. If you are taking a prescription medicine by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine. As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.

Other information ■ store at room temperature ■ protect contents from moisture

Inactive ingredients caramel color, gelatin, iron oxide, poly sorbate 80, shellac.

Stop Peeling Here