

psyllium fiber supplement

Compare to active ingredient in Metamucil®

100% natural psyllium husk fiber therapy for regularity/fiber supplement



160 CAPSULES

160 CAPSULES SHOWN ACTUAL SIZE ABOVE

SAFETY SEALED RANDED CAPSULES. DO NOT USE IF THE IMPRINTED FOIL SEAL UNDER CAP IS BROKEN OR MISSING.

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Drug Facts

Active ingredient (in each capsule)

Psyllium seed husk approx. 0.52g.....Bulk-forming laxative

Purpose

Uses

- relieves occasional constipation (irregularity) and restores regularity
- generally produces bowel movement in 12 to 72 hours

Warnings

Allergy alert: May cause allergic reaction in people sensitive to ingested or inhaled psyllium

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 ■ stomach pain, nausea or vomiting

■ noticed a sudden change in bowel habits that persists over a period of 2 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.

When using this product

- do not exceed the maximum recommended daily dosage in a 24-hour period
- you may experience changes in bowel habits or minor bloating as your body adjusts to increased fiber intake

Stop use and ask a doctor if

- you have rectal bleeding or failure to have a bowel movement after use because this may indicate a serious condition
- you need to use a laxative for more than one week

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

Directions

- take at the first sign of irregularity
- take 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.
- adults and children 12 years of age and over: take 5 capsules with at least 8 ounces of liquid. Swallow capsules one at a time. May repeat dose up to 3 times a day. Children 12 years and under: ask a doctor.

Questions? Call 1-800-910-6874

LOT:

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*This product is not manufactured or distributed by Procter & Gamble, owner of the registered trademark Metamucil®.

EXP:

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Peel Here for Continuing Drug Facts & Supplement Facts

Drug Facts (continued)

Other information

- each capsule contains: potassium 5 mg
- store at 20°-25°C (68°-77°F)

Inactive ingredients Blue 1, caramel color, gelatin, polysorbate 80, shellac, sodium lauryl sulfate, titanium dioxide

READ ENTIRE LABEL INCLUDING WARNINGS IN DRUG FACTS.

DIETARY FIBER SUPPLEMENT INFORMATION

Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, may reduce the risk of heart disease by lowering cholesterol. One ADULT serving (6 capsules) has 2.5 grams of this soluble fiber.

Directions: Adults 12 years & older: 2 - 6 capsules for increasing daily fiber; 6 capsules for cholesterol lowering. All doses should be taken with at least 8 oz of liquid. Swallow 1 capsule at a time. May repeat doses up to 3 times a day.

NOTICE: Take this product with at least 8 ounces (a full glass) of liquid. Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing. See choking warning.

Supplement Facts

Serving Size: 6 Capsules

Servings Per Container: 26

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

Ingredients: Psyllium Husk, Gelatin, Sodium Lauryl Sulfate, Polysorbate 80, Titanium Dioxide, Shellac, Caramel Color, Blue 1.

STOP PEELING HERE