

TopCare®

36800-403-72

Natural Fiber

100% NATURAL PSYLLIUM SEED HUSK FIBER

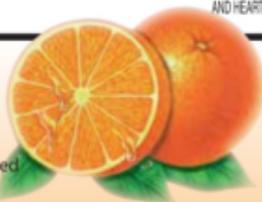
- Bulk-Forming Laxative
- Dietary Fiber Supplement
- Smooth Texture



SEE BACK FOR INFORMATION ABOUT SOLUBLE FIBER AND HEART DISEASE

Orange Flavor

Naturally and Artificially Flavored



** COMPARE TO METAMUCIL® active ingredient

72 TABLESPOON DOSES

Fill Controlled By Weight, Not Volume

NET WT 30.4 OZ (1.9 LBS) 862g

FIBER LAXATIVE

Drug Facts

Active ingredient (per each rounded tablespoon = 12 g) Psyllium husk 3.4 g.....Bulk-forming laxative

Purpose

Uses

- effective in treating occasional constipation and restoring regularity

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

- 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. 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

- constipation lasts more than 7 days
 - rectal bleeding occurs
- These could 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.

READ ENTIRE LABEL INCLUDING WARNINGS IN DRUG FACTS

◀ NOTE SEPARATE USES ▶

Drug Facts (continued)

Directions

- take at the first sign of irregularity up to 3 times a day
- put one dose into an empty glass
- fill glass with 8oz of water or favorite beverage
- stir briskly and drink promptly
- if mixture thickens add more water and stir
- 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.
- if you are taking a prescription medicine by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine.
- **New Users:** Start with 1 dose per day; gradually increase to 3 doses per day as necessary

adults and children 12 years and over	1 rounded tablespoon
6 to under 12 years	1/2 tablespoon
under 6 years	ask a doctor

Other information

- each tablespoon contains: potassium 30 mg and sodium 5 mg
- store at (20°-25°C) 68°-77°F

Inactive ingredients citric acid, FD&C yellow #6, natural and artificial orange flavor, silicon dioxide, sucrose.

DO NOT USE IF PRINTED SEAL UNDER CAP IS MISSING OR BROKEN

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



This TOPCARE® product is laboratory tested to guarantee its highest quality. Your total satisfaction is guaranteed.

DIETARY FIBER SUPPLEMENT

Fiber Supplement Information

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

Warnings Read entire label, including warnings in Drug Facts.

Directions Adults 12 years & older: 1 rounded TABLESPOON (tbsp) in 8 oz of liquid 3 times daily. Children under 12 years: Consult a doctor.

NOTICE: Mix this product with at least 8 ounces (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.

Supplement Facts

Serving Size: 1 rounded Tbsp. (12 g)
Servings Per Container: 72

Amount Per Serving	% DV*
Calories 45	
Total Carb. 12 g	4%*
Dietary Fiber 3 g	12%*
Soluble Fiber 2 g	↑
Sugars 9 g	↑
Iron 1 mg	4%
Sodium 5 mg	<1%
Potassium 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, FD&C Yellow #6, Silicon Dioxide.

MFR# S041 REV 013



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