

equate[®]

Compare to Metamucil
MultiHealth for
Active Ingredient

Fiber Therapy

100% Natural Psyllium Seed Husk
Bulk Forming Fiber Laxative/
Dietary Supplement
Smooth Texture

Relieves Constipation
Restores Regularity

Orange Flavor
Naturally and Artificially Flavored

NET WT 48.2 OZ (1368 g)

Not controlled by weight, not volume.

FOR FIBER LAXATIVE USE

DO NOT USE IF PRINTED INNER SEAL IS BROKEN OR MISSING.

NOTE SEPARATE USES

Drug Facts

Active ingredient (in each TABLESPOON)
Psyllium husk approximately 3.4 g

Purpose
Fiber laxative

Uses

Effective in treating occasional constipation and restoring regularity

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 reaction in people sensitive to inhaled or ingested psyllium.

Ask a doctor before use if you have

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

Stop use and ask a doctor if:

- constipation lasts more than 7 days
 - rectal bleeding occurs
- These may 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 (1-800-222-1222).

Directions

For oral use into an empty glass. Mix 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. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir.

Adults 12 years & older	1 rounded TABLESPOON in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours
5-11 years	
Under 6 years	1/2 adult dose in 8 oz of liquid, up to 3 times daily
	consult 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 fluid 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 tablespoon contains: potassium 30 mg; sodium 5 mg
- store at room temperature tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber

Inactive ingredients: citric acid, FD&C yellow 6, natural & artificial orange flavor, silica, sucrose

Questions? Call: 1-888-287-1915

GLUTEN-FREE (less than 20 ppm gluten).
If you have specific dietary needs you should consult a doctor before consuming this product.

LOT
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EXP
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FOR FIBER SUPPLEMENT USES

Fiber Supplement

Use

Warnings

Directions

Supplement

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FOR FIBER SUPPLEMENT USE

Fiber Supplement Information

Uses

Oral use 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 adult dose of this product has 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

Directions

- Adults 12 years & older: 1 rounded TABLESPOON in 8 oz of liquid 3 times daily
 - Under 12 years: consult a doctor. See mixing directions in Drug Facts
- NOTICE: Mix 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. Do not take it if you have difficulty swallowing.

Supplement Facts

Serving Size: 1 rounded tablespoon (12 g)
Servings Per Container: 114

Amount Per Serving

	%DV**
Calories 45	
Total Carbohydrates 12 g	45%
Dietary Fiber 3 g	125%
Soluble Fiber 2 g	1
Sugars 9 g	1
Iron 0.8 mg	45
Sodium 5 mg	<1%
Potassium 30 mg	<1%

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

Ingredients

Sucrose, Psyllium Husk, Citric Acid, Natural & Artificial Orange Flavor, Silica, FD&C Yellow No. 6.



Satisfaction guaranteed - Or we'll replace it or give you your money back. For questions or comments or to report an undesired reaction or side effect, please call 1-888-287-1915.

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