

**PSYLLIUM HUSK FIBER SUPPLEMENT- psyllium husk capsule**  
**TIME CAP LABS INC**

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**Psyllium Husk Capsules**

**Drug Facts**

**Supplements Facts**

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Serving Size 5 Capsules	
Servings per container 40 (For 200 count) 80 (For 400 count)	
Amount per serving	% DV*
Calories 5	
Total Carb 2 g	<1%*
Dietary Fiber 2 g	7%*
Soluble Fiber 2 g	††
Protein less than 1 g	
Iron 0.4 mg	2%
Potassium 25 mg	1%

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\*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

††Daily Value (DV) not established.

**Active ingredient (in each capsule)**

Psyllium husk approximately 0.52 g

**Purpose**

Bulk Forming Laxative

**Warnings**

**ALLERGY ALERT:** This product may cause allergic reactions in people sensitive to inhaled or ingested psyllium.

**BEFORE USING** this dietary supplement - ask your doctor if you

are considering using this product as part of a cholesterol lowering program  
are using medication to control your blood sugar levels  
have recently experienced abdominal pain, nausea, vomiting or a sudden change in  
bowel habits persisting for two weeks

**STOP USING** this dietary supplement and ask a doctor if constipation lasts more than 7 days or rectal bleeding occurs. These may be signs of a serious condition.

Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines

## **IMPORTANT INFORMATION**

To open bottle, push down and turn

Store in a cool and dry place at temperature below 25°C. Keep container tightly closed to protect from humidity.

Keep out of reach of children

## **Directions**

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**For adults 12 years and older**

### **HELPS SUPPORT:**

**DIGESTIVE HEALTH\*\*** 2 to 5 capsules up to 4 times per day Swallow 1 capsule at a time and take in an upright position  
by promoting regularity

**HEART HEALTH††** 5 capsules up to 4 times per day  
By lowering cholesterol

**HEALTHY BLOOD SUGAR LEVELS\*\*** 5 capsules 4 times per day  
take before each meal

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††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 has 1.8 grams of this soluble fiber.

\*\* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

**NEW USERS:** Start with one serving per day; gradually increase to desired daily intake. You may experience changes in bowel habits / minor bloating, as your body adjusts to increased fiber intake.

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

## **Other information**

- each capsule contains: **potassium 5 mg**
- capsules are sealed using a band around the middle
- store at room temperature. Keep the container tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber
- tamper evident: do not use if printed inner seal under cap is broken or missing

**Ingredients** Psyllium husk, gelatin

**Questions or comments?** Call **1-877-290-4008**

effective in treating occasional constipation and restoring regularity  
 This product generally produces bowel movement in 12 to 72 hours.  
 Keep out of reach of children

NDC 49483-145-40

**timely**

Made with 100% Natural Psyllium Fiber

## Psyllium Husk Capsules

Fiber Supplement

- Helps lower cholesterol to promote heart health<sup>††</sup>
- Helps maintain healthy blood sugar levels as part of your diet<sup>\*\*</sup>
- Promotes digestive health<sup>\*\*</sup>



Formulated in USA

**400 Capsules**  
Dietary Supplement

TCL 145  
ACTUAL SIZE

<sup>†</sup>Compare to the fiber content in Metamucil Capsules

**Supplement Facts**  
Serving Size 5 Capsules  
Servings per container 80

Amount per serving	% DV*
Calories 5	
Total Carb 2 g	<1%*
Dietary Fiber 2 g	7%*
Soluble Fiber 2 g	††
Protein less than 1 g	
Iron 0.4 mg	2%
Potassium 25 mg	1%

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

**Ingredients:** Psyllium husk, gelatin

Manufactured by:  
 Time-Cap Labs, Inc.  
 7 Michael Avenue,  
 Farmingdale, NY 11735

145T 0324  
**GLUTEN FREE**



**For adults 12 years and older**

**HELPS SUPPORT:**

HEALTHY BLOOD SUGAR LEVELS**	By promoting regularity	Swallow 1 capsule at a time and take in an upright position
2 to 5 capsules up to 4 times per day		
5 capsules up to 4 times per day		
5 capsules 4 times per day		

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<sup>†</sup>This product is not manufactured or distributed by Procter & Gamble, distributor of Metamucil® Capsules

UNVARNISHED AREA

LOT: \_\_\_\_\_  
 EXP.: \_\_\_\_\_

Questions or comments? Call 1-877-290-4008

NDC 49483-145-20

**timely**

Made with 100% Natural Psyllium Fiber

## Psyllium Husk Capsules

Fiber Supplement

- Helps lower cholesterol to promote heart health<sup>††</sup>
- Helps maintain healthy blood sugar levels as part of your diet<sup>\*\*</sup>
- Promotes digestive health<sup>\*\*</sup>



Formulated in USA

**200 Capsules**  
Dietary Supplement

TCL 145  
ACTUAL SIZE

<sup>†</sup>Compare to the fiber content in Metamucil Capsules

**Supplement Facts**  
Serving Size 5 Capsules  
Servings per container 40

Amount per serving	% DV*
Calories 5	
Total Carb 2 g	<1%*
Dietary Fiber 2 g	7%*
Soluble Fiber 2 g	††
Protein less than 1 g	
Iron 0.4 mg	2%
Potassium 25 mg	1%

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UNVARNISHED AREA

LOT: \_\_\_\_\_  
 EXP.: \_\_\_\_\_

Questions or comments? Call 1-877-290-4008

PSYLLIUM HUSK FIBER SUPPLEMENT			
psyllium husk capsule			
<b>Product Information</b>			
<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:49483-145
<b>Route of Administration</b>	ORAL		
<b>Active Ingredient/Active Moiety</b>			
	<b>Ingredient Name</b>	<b>Basis of Strength</b>	<b>Strength</b>
	PSYLLIUM HUSK (UNII: 0SHO53407G) (PSYLLIUM HUSK - UNII:0SHO53407G)	PSYLLIUM HUSK	0.52 g
<b>Inactive Ingredients</b>			

Ingredient Name	Strength
GELATIN, UNSPECIFIED (UNII: 2G86QN327L)	

**Product Characteristics**

<b>Color</b>	white (Clear Body with clear cap filled with pale buff to brown granular powder)	<b>Score</b>	no score
<b>Shape</b>	CAPSULE	<b>Size</b>	21mm
<b>Flavor</b>		<b>Imprint Code</b>	TCL145
<b>Contains</b>			

**Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:49483-145-20	200 in 1 BOTTLE; Type 0: Not a Combination Product	04/05/2024	
2	NDC:49483-145-40	400 in 1 BOTTLE; Type 0: Not a Combination Product	04/05/2024	

**Marketing Information**

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	04/05/2024	

**Labeler** - TIME CAP LABS INC (037052099)

**Registrant** - TIME CAP LABS INC (037052099)

**Establishment**

Name	Address	ID/FEI	Business Operations
TIME CAP LABS INC		037052099	manufacture(49483-145)

Revised: 4/2024

TIME CAP LABS INC