

FIBER THERAPY- methylcellulose powder, for solution

Major Pharmaceuticals

Drug Facts

Active ingredient

(in each 19g adult dose/ rounded tablespoon)

Methylcellulose 2g (a non-allergenic fiber)

Purpose

Bulk-forming fiber laxative

Uses

- relieves constipation (irregularity)
- helps to restore and maintain regularity
- for treating bowel disorders when recommended by a doctor
- generally provide effect 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.

Ask a doctor before use if you have

- abdominal pain, nausea or vomiting
- a sudden change in bowel habits that persists over a period of 2 weeks
- sensitivity to any of the ingredients

Stop use and ask a doctor if

- you have rectal bleeding
- you fail to have a bowel movement after use.
- 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 at 1-800-222-1222.

When using this product

- do not exceed recommended maximum daily dose unless directed by a doctor
- do not use laxative products for a period longer than one week unless directed by a doctor

Directions

- **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**
- use product at the first sign of constipation or irregularity
- put one dose in a full glass of cold water
- stir briskly and drink promptly
- drinking another glass of water is helpful

Age	Dose
adults & children above 12 years of age and over	One rounded tablespoon. (19 g) in 8 ounces of water fluid up to 3 times daily at the first sign of constipation or irregularity
children 6 - 12 years of age Children under 6 years of age	half the adult dose in 8 ounces of water once daily. ask a doctor

Other information

- **Each adult dose contains approximately**
- 3mg of sodium
- 105mg potassium
- contributes 60 calories from sucrose and sorbitol
- store at room temperature
- protect contents from humidity
- keep tightly closed

Tamper Evident: Do not use if printed seal under cap is torn or missing

Inactive ingredients

citric acid, FD&C yellow 6 aluminum lake, maltodextrin, flavor (natural and artificial), potassium citrate, , silica, sucrose,

Questions or comments?

call toll-free 1-800-616-2471

*This product is not manufactured or distributed by GlaxoSmithKline the distributor of CITRUCEL®

Distributed by:

MAJOR® PHARMACEUTICALS

17177 N Laurel Park Drive, Suite 233

Livonia, MI 48152, USA

DIRECTIONS FOR USE



1. Fill glass with at least 8 ounces of cold water.



2. Add the adult or child dose listed in the directions. 3. Stir briskly until dissolved and drink promptly. Drinking an additional glass of water is helpful.

TAMPER EVIDENT PACKAGE

Do not use if printed seal under cap is torn or missing.

Principal Display Panel

NDC 0904-5675-16

FIBER THERAPY

Methylcellulose

Easy to Mix

No Gritty Texture

100% Soluble Fiber for Controlled Regularity

ORANGE FLAVOR

NET WT 16 OZ (454 GRAMS)

MAJOR  NDC 0904-5675-16

**Compare to the Active Ingredient in CITRUCEL®*

FIBER THERAPY **ORANGE FLAVOR**

Methylcellulose
Easy to Mix • No Gritty Texture
100% Soluble Fiber for Controlled Regularity

NET WT 16 OZ (454 GRAMS)

DIRECTIONS FOR USE:

1. Fill glass with at least 8 ounces of cold water.
2. Add the adult or child dose listed in directions.
3. Stir briskly until dissolved and drink promptly. Drinking an additional glass of water is helpful.

GLUTEN FREE

Drug Facts

Active ingredient (in each 19 g adult dose)
Methylcellulose 2g (a non-allegenic fiber)

Purpose
Bulk-forming fiber laxative

Uses
● help restore and maintain regularity and relieve constipation (irregularity) ● in the treatment of constipation associated with other bowel disorders when recommended by a doctor

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.
● sensitivity to any of the ingredients

Ask a doctor before use if you have
● abdominal pain, nausea or vomiting ● a sudden change in bowel habits that persists over a period of 2 weeks

When using this product
● do not exceed recommended maximum daily dose unless directed by a doctor
● do not use laxative products for a period longer than one week unless directed by a doctor

Stop use and ask a doctor if
● rectal bleeding occurs ● you fail to have a bowel movement after use

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

Directions This product generally produces effect in 12-72 hours
● Use the product (solid or adult) dose with at least 8 ounces (9 1/2 cups) of water or other fluid
● taking this product without enough liquid may cause choking, see choking warning

Age
adults and children above 12 years
children 6-12 years

Dose
one heaping tablespoon (7.5 g) in 8 ounces of cold water or other fluid up to 2 times daily at the first sign of constipation or irregularity
half the adult dose in 8 ounces of cold water once daily

Other information Each adult dose contains approximately ● 2 mg of sodium ● 103 mg potassium ● contributes 60 calories from sucrose and sorbitol ● store below 86°F(30°C)
● protect contents from humidity ● keep tightly closed ● tamper evident: Do not use if protect seal under cap is torn or missing

Inactive ingredients citric acid, FD&C yellow no. 6 aluminum lake, orange flavor (natural and artificial), potassium citrate, riboflavin, silicon dioxide, sorbitol, sucrose, talc

Questions? Serious Adverse Effects call: (800) 616-2471

LOT: UNVARNISHED AREA
EXP: FOR LOT AND EXP.

DISTRIBUTED BY:
MAJOR PHARMACEUTICALS
3170 ENTERPRISE DRIVE
LYONIA, VA 41159

51618 MAJL

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REORDER #063003

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FIBER THERAPY

methylcellulose powder, for solution

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:0904-5675
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
METHYLCELLULOSE (4000 MPA.S) (UNII: MRJ667KA5E) (METHYLCELLULOSE (4000 MPA.S) - UNII:MRJ667KA5E)	METHYLCELLULOSE (4000 MPA.S)	2 g in 19 g

Inactive Ingredients

Ingredient Name	Strength
CITRIC ACID MONOHYDRATE (UNII: 2968PHW8QP)	
FD&C YELLOW NO. 6 (UNII: H77VEI93A8)	
POTASSIUM CITRATE (UNII: EE90ONI6FF)	
RIBOFLAVIN (UNII: TLM2976OFR)	
SUCROSE (UNII: C151H8M554)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
SORBITOL (UNII: 506T60A25R)	
TALC (UNII: 7SEV7J4R1U)	

Product Characteristics

Color	ORANGE	Score	
Shape		Size	
Flavor	ORANGE	Imprint Code	
Contains			

Packaging

#	Item Code	Package Description	Marketing Start	Marketing End
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#	Item Code	Package Description	Date	Date
1	NDC:0904-5675-16	454 g in 1 BOTTLE; Type 0: Not a Combination Product	04/18/2008	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	04/18/2008	

Labeler - Major Pharmaceuticals (191427277)

Revised: 10/2023

Major Pharmaceuticals