

SUGAR FREE PSYLLIUM FIBER POWDER- psyllium husk powder
TARGET CORPORATION

Target Psyllium Husk Powder Sugar Free

Supplement Facts

Serving Size	2 rounded tsp (11.6 g)	1 rounded tsp (5.8 g)	
Servings Per Container	About 36 (For 15 OZ) About 57 (For 23.3 OZ)	About 72 (For 15 OZ) About 114 (For 23.3 OZ)	
Amount per Serving		% DV*	% DV*
Calories	30	15	
Total Carbonate	10g	4%*	5 g 2%*
Dietary Fiber	6 g	21%*	3 g 11%*
Soluble Fiber	5 g	†	2 g †
Iron	0.8 mg	4%	0.4 mg 2%
Sodium	10 mg	<1%	5 mg <1%
Potassium	70 mg	1%	35 mg 1%

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

†Daily Value (DV) not established.

INGREDIENTS: aspartame powder, citric acid monohydrate, colloidal silicon dioxide, FD&C yellow no. 6, maltodextrin, orange flavor, psyllium husk

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

NOTICE: Mix 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.

IMPORTANT INFORMATION:

PHENYLKETONURICS: CONTAINS PHENYLALANINE, 30 mg per teaspoon
Store below 86°F (30° C). Keep container tightly closed to protect from humidity.
Keep out of reach of children

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

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.

HOW TO TAKE THIS PRODUCT

(For adults 12 years and older)

1. Put 1-2 rounded teaspoons in empty glass.
2. Mix briskly with 8 oz or more of cool liquid.
3. Drink promptly and enjoy!

HOW MUCH TO TAKE

The psyllium husk fiber in this product helps support:

DIGESTIVE HEALTH**by promoting regularity

HEART HEALTH††by lowering cholesterol

HEALTHY BLOOD SUGAR LEVELS**take before each meal

1 ROUNDED TEASPOONS up to 3 times per day

OR

APPETITE CONTROL**take before each meal

2 ROUNDED TEASPOONS up to 3 times per day

** 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.

††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 2.4 grams of this soluble fiber.

Questions or comments?

Call **1-800-910-6874**

Fiber Laxative

Keep out of reach of children.

for relief of occasional constipation (irregularity). This product generally produces bowel movement in 12 to 72 hours.

Compare to the fiber content in Metamucil® Powder††

NDC 11673-894-03

Sugar Free

Psyllium Fiber Powder

Fiber Supplement

Helps support:

- appetite control**
- heart health by lowering cholesterol†
- healthy blood sugar levels**
- digestive health**



Orange Flavor

FILL CONTROLLED BY WEIGHT, NOT VOLUME

114 TEASPOONS - NET WT 23.3 OZ (1.4 LBS) 660 g

SEE BACK FOR INFORMATION ABOUT SOLUBLE FIBER AND HEART DISEASE

**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.

Supplement Facts			
Serving Size	2 rounded tsp (11.6 g) About 35	1 rounded tsp (5.8 g) About 17.5	
Amount Per Serving	% DV*	% DV*	% DV*
Calories	30	15	
Total Carbohydrate	10 g	4%*	2%*
Dietary Fiber	6 g	21%*	3 g 11%*
Soluble Fiber	5 g	†	†
Iron	0.8 mg	4%	0.4 mg 2%
Sodium	10 mg	<1%	5 mg <1%
Potassium	70 mg	1%	35 mg 1%

INGREDIENTS: ASPARTAME POWDER, CITRIC ACID MONOHYDRATE, COLLOIDAL SILICON DIOXIDE, FD&C YELLOW NO. 6, MALTODEXTRIN, ORANGE FLAVOR, PSYLLIUM HUSK.

Distributed by Target Corporation
Minneapolis, MN 55403
Made in India

TM & ©2024 Target Brands, Inc. 739W 0324
ALLERGY ALERT: THIS PRODUCT MAY CAUSE ALLERGIC REACTIONS IN PEOPLE SENSITIVE TO INHALED OR INGESTED PSYLLIUM.

†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 2.4 GRAMS OF THIS SOLUBLE FIBER.

Satisfaction guaranteed - Love it or your money back.

We welcome any questions you may have at Target.com/comments or 1-800-910-6874.

245 05 0216 R00
C-002262-01-073-0000



How to take this product:
(For adults 12 years and older)



How much to take

The psyllium husk fiber in this product helps support:

Digestive Health™ by promoting regularity	Heart Health™ by lowering cholesterol	Healthy Blood Sugar Levels™ take before each meal	Appetite Control™ take before each meal
OR			
1 rounded teaspoon up to 3 times per day			2 rounded teaspoons up to 3 times per day

NOTICE: MIX 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.

IMPORTANT INFORMATION:

- PHENYLETANOLAMINE: CONTAINS PHENYLETANOLAMINE, 30 MG PER TEASPOON
- STORE BELOW 86°F (30°C). KEEP CONTAINER TIGHTLY CLOSED TO PROTECT FROM HUMIDITY.
- KEEP OUT OF REACH OF CHILDREN

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. BULK-FORMING FIBERS LIKE PSYLLIUM HUSK MAY AFFECT HOW WELL MEDICINES WORK. TAKE THIS PRODUCT AT LEAST 2 HOURS BEFORE OR AFTER MEDICINES.

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.

**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.

TAMPER EVIDENT: DO NOT USE IF PRINTED INNER SEAL UNDER CAP IS BROKEN OR MISSING

†This product is not manufactured or distributed by Procter & Gamble, owner of the registered trademark Metamucil® Sugar Free Powder

LOT:

EXP: Varnish Omit Area

Compare to the fiber content in Metamucil® Powder††

NDC 11673-894-01

Sugar Free

Psyllium Fiber Powder

Fiber Supplement

Helps support:

- appetite control**
- heart health by lowering cholesterol†
- healthy blood sugar levels**
- digestive health**



Orange Flavor

FILL CONTROLLED BY WEIGHT, NOT VOLUME

72 TEASPOONS

NET WT 15 OZ (0.9 LBS) 425 g

SEE BACK FOR INFORMATION ABOUT SOLUBLE FIBER AND HEART DISEASE

**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.

Supplement Facts			
Serving Size	2 rounded tsp (11.6 g) About 35	1 rounded tsp (5.8 g) About 17.5	
Amount Per Serving	% DV*	% DV*	% DV*
Calories	30	15	
Total Carbohydrate	10 g	4%*	5 g 2%*
Dietary Fiber	6 g	21%*	3 g 11%*
Soluble Fiber	5 g	†	†
Iron	0.8 mg	4%	0.4 mg 2%
Sodium	10 mg	<1%	5 mg <1%
Potassium	70 mg	1%	35 mg 1%

INGREDIENTS: ASPARTAME POWDER, CITRIC ACID MONOHYDRATE, COLLOIDAL SILICON DIOXIDE, FD&C YELLOW NO. 6, MALTODEXTRIN, ORANGE FLAVOR, PSYLLIUM HUSK.

Distributed by Target Corporation
Minneapolis, MN 55403
Made in India

TM & ©2024 Target Brands, Inc.

ALLERGY ALERT: THIS PRODUCT MAY CAUSE ALLERGIC REACTIONS IN PEOPLE SENSITIVE TO INHALED OR INGESTED PSYLLIUM.

†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 2.4 GRAMS OF THIS SOLUBLE FIBER.

†THIS PRODUCT IS NOT MANUFACTURED OR DISTRIBUTED BY PROCTER & GAMBLE, OWNER OF THE REGISTERED TRADEMARK METAMUCIL® SUGAR FREE POWDER.

Satisfaction guaranteed - Love it or your money back.

We welcome any questions you may have at Target.com/comments or 1-800-910-6874.

245 05 0583 R00 C-002262-01-073-0000



How to take this product:
(For adults 12 years and older)



How much to take:

The psyllium husk fiber in this product helps support:

Digestive Health™ by promoting regularity	Heart Health™ by lowering cholesterol	Healthy Blood Sugar Levels™ take before each meal	Appetite Control™ take before each meal
OR			
1 rounded teaspoon up to 3 times per day			2 rounded teaspoons up to 3 times per day

NOTICE: MIX 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.

IMPORTANT INFORMATION:

- PHENYLETANOLAMINE: CONTAINS PHENYLETANOLAMINE, 30 MG PER TEASPOON
- STORE BELOW 86°F (30°C). KEEP CONTAINER TIGHTLY CLOSED TO PROTECT FROM HUMIDITY.
- KEEP OUT OF REACH OF CHILDREN

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. BULK-FORMING FIBERS LIKE PSYLLIUM HUSK MAY AFFECT HOW WELL MEDICINES WORK. TAKE THIS PRODUCT AT LEAST 2 HOURS BEFORE OR AFTER MEDICINES.

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.

**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.

TAMPER EVIDENT: DO NOT USE IF PRINTED INNER SEAL UNDER CAP IS BROKEN OR MISSING

LOT:

EXP: Varnish Omit Area

739W 0324

SUGAR FREE PSYLLIUM FIBER POWDER

psyllium husk powder

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:11673-894
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
PSYLLIUM HUSK (UNII: 0SHO53407G) (PSYLLIUM HUSK - UNII:0SHO53407G)	PSYLLIUM HUSK	3.4 g in 5.8 g

Inactive Ingredients

Ingredient Name	Strength
CITRIC ACID MONOHYDRATE (UNII: 2968PHW8QP)	
ASPARTAME (UNII: Z0H242BBR1)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
FD&C YELLOW NO. 6 (UNII: H77VEI93A8)	

Product Characteristics

Color	white (White to light brown)	Score	
Shape		Size	
Flavor	ORANGE	Imprint Code	
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:11673-894-01	425 g in 1 BOTTLE; Type 0: Not a Combination Product	06/15/2024	
2	NDC:11673-894-03	660 g in 1 BOTTLE; Type 0: Not a Combination Product	06/15/2024	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	06/15/2024	

Labeler - TARGET CORPORATION (006961700)

Registrant - TIME CAP LABORATORIES, INC. (037052099)

Establishment

Name	Address	ID/FEI	Business Operations
MARKSANS PHARMA LIMITED		677604129	manufacture(11673-894)

Revised: 5/2024

TARGET CORPORATION