QUALITY CHOICE- psyllium husk powder, for suspension QUALITY CHOICE (CHAIN DRUG MARKETING ASSOCIATION)

Disclaimer: Most OTC drugs are not reviewed and approved by FDA, however they may be marketed if they comply with applicable regulations and policies. FDA has not evaluated whether this product complies.

Quality Choice Natural Fiber Powder

Active ingredient (in each TEASPOON)

Psyllium husk approximately 3.4 g

Purpose

Fiber therapy for regularity

Uses

for relief of occasional constipation (irregularity)

Warnings

Allergy alert: This product may cause allergic reaction in people sensitive to inhaled or ingested 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

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 at 1-800-222-1222.

Directions:

Put one dose 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 thickness, add more liquid and stir.

Adults 12 years & older:	1 rounded TEASPOON in 8 oz of liquid at the
	signs of irregularity. Can be taken up to 3 times
	daily. Generally produces effect in 12-72 hours.
6-11 yrs:	¹ ⁄ ₂ adult dose in 8 oz of liquid, up to 3 times daily
Under 6 yrs:	Consult a doctor

Bulk-forming fibers like psyllium husk may affect how well other medicines work. If t=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 fiber 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 teaspoon contains: potassium 30 mg and sodium 5 mg
- Store at room temperature tightly closed to protect from humidity
- Do not use if printed inner seal is broken or missing
- Contains a 100% natural, therapeutic fiber

Inactive ingredients

silica, sucrose.

Questions or comments?

1-866-467-2748

Fiber Supplement Information

Uses:

- Daily fiber supplement. Each serving adds 3 grams of fiber to your diet.
- For lowering cholesterol to promote heart health. 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 adults dose of this products has 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of this product as a part of a cholesterol lowering program.

Warnings Read entire label, including warnings in Drug Facts.

Directions Adults 12 years and older: put 1 rounded **TEASPOON** in to an empty glass and mix with 8 oz of liquid up to 3 times daily for daily fiber supplement; 3 times daily to help maintain healthy blood sugar levels[†] and for cholesterol lowering to promote heart health.

under 12 years: Consult a doctor.

See mixing directions in **Drug Facts**.

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.**

This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels[†].

Principal Display Panel

QUALITY CHOICE® NDC# 63868-347-17 Compare to the active ingredient in Metamucil[®] MultiHealth Fiber* Natural Fiber Powder 100% Natural Psyllium Husk Daily Fiber Supplement | Therapy for Regularity Helps Lower Cholesterol to Promote Heart Health** Promotes Digestive Health[†] Helps Maintain Healthy Blood Sugar Levels as Part of Your Diet**† **Gluten Free Unflavored Original Coarse** **See fiber supplement information about soluble fiber and heart disease and maintaining healthy blood sugar levels. 48 teaspoon doses **K PAREVE** Net Wt. 13 oz (368g) fill controlled by weight, not volume **100% QC SATISFACTION GUARANTEED**

†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.

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

Distributed by C.D.M.A., Inc. © 43157 W. Nine Mile Novi, MI 48376-0995 www.qualitychoice.com Questions: 248-449-9300

NDC 63868-347-17	When used as a daily fiber supplement:	When used as a therapy for regularity:		
NDC 03000-547-17	Fiber Supplement Information Drug Facts			
QL.	Uses: • Daily fiber supplement. Each serving adds 3 grams of fiber to your diet. • For lowering cholesterol to promote heart health.	Active ingredient: (in each TEASPOON) Purpose Psyllium husk approximately 3.4 gFiber therapy for regularity		
QUALITY Compare to the active CHOICE ingredient in Metamucil®	Diets low in saturated fat and cholesterol that include 7	Uses: for relief of occasional constipation (irregularity)		
MultiHealth Fiber*	grams of soluble fiber per day from psyllium husk, as in this product, may reduce the risk of heart disease by lowering choesterol. 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 a part of a cholesterol/lowering orgram.	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.		
Natural	 For maintaining healthy blood sugar levels[†]. 	Allergy alert: This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium.		
Eihar	Consult your doctor before use if you are currently using medication to control your blood sugar levels.	Ask a doctor before use if you have ■ a sudden change in bowel habits persisting for 2 weeks ■ abdominal pain, nausea or vomiting		
Fiber	Warnings: Read entire label, including warnings in Drug Facts. Directions: Adults 12 yrs. & older: Put 1 rounded	Stop use and ask a doctor if ■ constipation lasts more than 7 days ■ rectal bleeding occurs These may be signs of a serious condition.		
	TEASPOON into an empty glass and mix with 8 oz of liquid up to 3 times daily for daily fiber supplement; 3 times daily	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)		
Powder	to help maintain healthy blood sugar levels [†] and for cholesterol lowering to promote heart health. Under 12 yrs.: Consult a doctor. See mixing directions in Drug Facts.	Directions: Put one dose 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 dirink promptly. If mixture thickens, add more liquid and sir.		
Daily Fiber Supplement	NOTICE: Mix this product with at least 8 oz (a full glass) of liquid, Taking this product without enough liquid may	Adults 12 years & older: 1 rounded TEASPOON 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.		
100% Natural Psyllium Husk	cause choking. Do not take if you have difficulty swallowing.	6-11 vrs: 1/2 adult dose in 8 oz of liquid, up to 3 times daily		
Therapy for Regularity	This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels. [†]	Under 6 yrs: Consult a doctor		
		Bulk-forming fibers like psyllium husk 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		
Helps Lower Cholesterol To Promote Heart Health**	Supplement Facts Serving Size: 1 rounded tsp (7g)	after the prescribed medicine. As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.		
Promotes Digestive Health ⁺ Helps Maintain Healthy Blood Sugar Levels As Part Of Your Diet ^{**+} Gluten Free	Servings Per Container: 48	New Users: Start with 1 dose per day; gradually increase to 3 doses per day as necessary.		
Blood Sugar Levels As Part Of Your Diet " Gluten Free	Amount per Serving %DV*	Other information:		
	Calories 25	each teaspoon contains: potassium 30 mg; sodium 5 mg store at room temperature tightly closed to protect from humidity do not use if printed inner seal is broken or missing		
Unflavored Original Coarse	Total Carb. 7g 2%* Dietary fiber 3 g 12%*	Contains a 100% natural, therapeutic fiber "This product is not manufactured or distributed by Procter & Gamble		
2.2.4	Soluble fiber 2 g t	Inactive ingredients: silica, sucrose. the distributor of Metamucil ^e		
**See fiber supplement information about soluble fiber	Sugars 3 g †	Questions or comments? 1-866-467-2748 evaluated by the Food and Drug Administration. This product is not		
and heart disease and maintaining healthy blood sugar levels.	Iron 0.4 mg 2% Sodium 5 mg <1%			
State of the second sec	Sodium 5 mg <1% Potassium 30 mg <1%	riterided to degrose, treat, cure or verticed by C.D.M.A. Inc.6 43357 W, Kine Mele 43357 W, Kine Mele 0 control of the second second 0 control of the second s		
AT .	* Percent Daily Values (%DV) are based on a 2,000 calorie diet.	Guestions: 248-449-300		
48 teaspoon doses Net Wt 13 oz (3689) fil controlled by weight, not volume	† Daily Value (DV) not established.			
Fill controlled by weight, not volume	Ingredients: Sucrose, Psyllium Husk, Silica.	51148QCLR 6 35515 94675 0 EXP:		

QUALITY CHOICE						
psyllium husk powder, for su	Ispension					
Product Information						
Product Type	HUMAN OTC DRUG	Item Code (S	Item Code (Source)		NDC:63868-347	
Route of Administration	ORAL					
Active Ingredient/Active	Moiety					
Ingredient Name Basis of			Basis of S	Strength	Strength	
PSYLLIUM HUSK (UNII: 0SH053407G) (PSYLLIUM HUSK - UNII:0SH053407G) PSYLLIUM I				IUSK	3.4 g in 5.8 g	
Inactive Ingredients						
Ingredient Name				Strength		
SILICON DIO XIDE (UNII: ETJ72	Z6 XBU4)					
SUCROSE (UNII: C151H8 M554)						
Product Characteristics						
Color	BROWN	Score				
Shape		Size				
Flavor	ORANGE	Imprint Code				

Contains						
Packaging						
# Item Code	Package Description	Marketing Start Date	Marketing End Date			
1 NDC:63868-347-17	368 g in 1 CANISTER; Type 0: Not a Combination	on Product 04/17/2019				
Marketing Information						
Marketing Catego	ry Application Number or Monograph	Citation Marketing Start Date	Marketing End Date			
OTC monograph not fi	nal part334	04/17/2019				

Labeler - QUALITY CHOICE (CHAIN DRUG MARKETING ASSOCIATION) (011920774)

Revised: 1/2021

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