

**PSYLLIUM FIBER- psyllium husk powder**  
**TIME CAP LABORATORIES, INC.**

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**Psyllium Husk Powder Sugar Free**

**Supplement Facts**

<b>Serving Size</b>	2 rounded tsp (11.6 g)		1 rounded tsp (5.8 g)	
<b>Servings Per Container</b>	About 36		About 72	
<b>Amount per Serving</b>		<b>% DV*</b>		<b>% DV*</b>
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 **1-877-290-4008**

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.

NDC 49483-739-01



†Compare to Metamucil®  
4-in-1 MultiHealth Fiber™

**SUGAR FREE**  
not a  
low-calorie food

# Psyllium Fiber

100% Natural Psyllium Husk

FIBER SUPPLEMENT

HELPS SUPPORT:

- Appetite Control\*\*
- Heart Health By Lowering Cholesterol††
- Healthy Blood Sugar Levels\*\*
- Digestive Health\*\*



**ORANGE FLAVOR**  
Naturally and  
Artificially Flavored

**GLUTEN FREE**

FILL CONTROLLED BY WEIGHT, NOT VOLUME

**72 TEASPOONS**  
NET WT 15 OZ (425 g)

††See back for information about soluble fiber and heart disease

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

Made in India  
739W 0324

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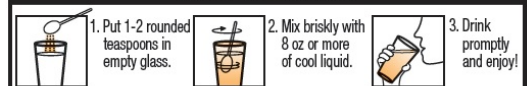
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DIGESTIVE HEALTH**	HEART HEALTH††	HEALTHY BLOOD SUGAR LEVELS**	APPETITE CONTROL**
by promoting regularity	by lowering cholesterol	take before each meal	take before each meal
<b>OR</b>			
1 ROUNDED TEASPOON up to 3 times per day			2 ROUNDED TEASPOONS up to 3 times per day

**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® 4-in-1 MultiHealth Fiber™



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LOT:

EXP:

Varnish  
Omit Area

## PSYLLIUM FIBER

psyllium husk powder

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:49483-739
<b>Route of Administration</b>	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

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

## Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:49483-739-01	425 g in 1 BOTTLE; Type 0: Not a Combination Product	03/11/2024	

## Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	03/11/2024	

**Labeler** - TIME CAP LABORATORIES, INC. (037052099)

**Registrant** - TIME CAP LABORATORIES, INC. (037052099)

## Establishment

Name	Address	ID/FEI	Business Operations
MARKSANS PHARMA LIMITED		677604129	manufacture(49483-739)

Revised: 3/2024

TIME CAP LABORATORIES, INC.