

**ORIGINAL TEXTURE ORANGE FLAVOR - psyllium husk powder, for suspension**  
**HEALTH MART**

*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.*

-----

**Health Mart Fiber Powder**

**Active ingredient (per each rounded tablespoon=11 g)**

Psyllium husk 3.4 g

**Purpose**

Bulk-forming laxative

**Uses**

- effective in treating occasional constipation and restoring regularity

**Warnings**

**Allergy alert:** May cause allergic reaction in people sensitive to ingested or inhaled 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

**Ask a doctor or pharmacist before use if you are**

taking any other drug. Laxatives may affect how other drugs work.

**When using this product**

- do not exceed the maximum recommended daily dosage in a 24-hour period
- you may experience changes in bowel habits or minor bloating as your body adjusts to increased fiber intake
- constipation lasts more than 7 days
- rectal bleeding occurs

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.

**Directions**

- take at the first sign of irregularity up to 3 times a day

- put one dose into an empty glass
- fill glass with 8oz of water or favorite beverage
- stir briskly and drink promptly
- if mixture thickens add more water and stir
- take 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.
- if you are taking a prescription medicine by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine.

**New Users:** Start with 1 dose per day; gradually increase to 3 doses per day as necessary

adults and children 12 years and over	1 rounded tablespoon
6 to under 12 years	1/2 tablespoon
under 6 years	ask a doctor

#### **Other information**

- each tablespoon contains: potassium 30 mg and sodium 5 mg
- store at (20°-25°C) 68°-77°F

#### **Inactive ingredients**

citric acid, FD and C yellow 6, natural and artificial flavor, silicon dioxide, sucrose

**DO NOT USE IF PRINTED SEAL UNDER CAP IS MISSING OR BROKEN**

#### **Fiber Supplement information**

**Uses** Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium seed husk, may reduce the risk of heart disease by lowering cholesterol levels. One ADULT serving provides 2.4 grams of soluble fiber. Consult a doctor if you are considering use of the products as part of a cholesterol-lowering program.

**Warnings** Read entire label, including warnings in Drug Facts

**Directions** Adults 12 years and older: 1 rounded TABLESPOON (tbsp) in 8 oz of liquid 3 times daily.

**Children under 12 years:** Consult a doctor.

**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.**

#### **PDP**

Health Mart Pharmacy

compare to Metamucil® active ingredient

fiber powder

psyllium husk 3.4 g

bulk-forming laxative  
 dietary fiber supplement  
 helps maintain and restore regularity  
 orange flavor original texture  
 net wt 19 oz (538 g) 48 tablespoon doses



NDC 62011-0135-1

compare to Metamucil® active ingredient\*

# fiber powder

psyllium husk 3.4 g

bulk-forming laxative  
 dietary fiber supplement  
 helps maintain & restore regularity



orange flavor

original texture

net wt 19 oz (538 g) 48 tablespoon doses

READ ENTIRE LABEL, INCLUDING WARNINGS IN DRUG FACTS.

FIBER LAXATIVE	DIETARY FIBER SUPPLEMENT																		
<b>NOTE SEPARATE USES</b>																			
<p><b>Drug Facts</b></p> <p><b>Active ingredient</b> (per each rounded tablespoon = 11 g)            Psyllium husk 3.4 g.....bulk-forming laxative</p> <p><b>Purpose</b>            Bulk-forming laxative</p> <p><b>Uses</b>            effective in treating occasional constipation and restoring regularity</p> <p><b>Warnings</b>  <b>Allergy alert:</b> May cause allergic reaction in people sensitive to ingested or inhaled psyllium  <b>Choking:</b> 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.</p> <p><b>Ask a doctor before use</b> if you have            abdominal pain, nausea or vomiting            a sudden change in bowel habits persisting for 2 weeks</p> <p><b>Ask a doctor or pharmacist before use</b> if you are taking any other drug. Laxatives may affect how other drugs work.</p> <p><b>When using this product</b>            do not exceed the maximum recommended daily dosage in a 24-hour period            you may experience changes in bowel habits or minor bloating as your body adjusts to increased fiber intake</p> <p><b>Stop use and ask a doctor if</b>            constipation lasts more than 7 days            rectal bleeding occurs            These could be signs of a serious condition.</p> <p>Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.</p>	<p><b>Drug Facts (continued)</b></p> <p><b>Directions</b>            take at the first sign of irregularity up to 3 times a day            put one dose into an empty glass            fill glass with 8oz of water or favorite beverage            stir briskly and drink promptly            if mixture thickens add more water and stir            take 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.            if you are taking a prescription medicine by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine.</p> <p><b>New Users:</b> Start with 1 dose per day; gradually increase to 3 doses per day as necessary</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>adults and children 12 years and over</td> <td>1 rounded tablespoon</td> </tr> <tr> <td>6 to under 12 years</td> <td>1/2 rounded spoon</td> </tr> <tr> <td>under 6 years</td> <td>ask a doctor</td> </tr> </table> <p><b>Other information</b>            each tablespoon contains: potassium 30 mg and sodium 5 mg            store at (20°-25°C) 68°-77°F</p> <p><b>Inactive ingredients</b> citric acid, FD&amp;C yellow #6, natural and artificial orange flavor, silicon dioxide, sucrose.</p> <p><b>DO NOT USE IF PRINTED SEAL UNDER CAP IS MISSING OR BROKEN</b></p>	adults and children 12 years and over	1 rounded tablespoon	6 to under 12 years	1/2 rounded spoon	under 6 years	ask a doctor												
adults and children 12 years and over	1 rounded tablespoon																		
6 to under 12 years	1/2 rounded spoon																		
under 6 years	ask a doctor																		
<p><b>Fiber Supplement Information</b></p> <p><b>Uses</b> Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium seed husk may reduce the risk of heart disease by lowering cholesterol levels. One ADULT serving provides 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of the product as part of a cholesterol-lowering program.</p> <p><b>Warnings</b> Read entire label, including warnings in Drug Facts.</p> <p><b>Directions</b> Adults 12 years &amp; older: 1 rounded TABLESPOON (11g) in 8 oz of liquid 3 times daily. Children under 12 years: Consult a doctor.</p> <p><b>NOTICE:</b> 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.</p>																			
<p><b>Supplement Facts</b></p> <p>Serving Size: 1 rounded tbsp. (11 g)            Servings Per Container: 48</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Amount Per Serving</th> <th>% DV*</th> </tr> </thead> <tbody> <tr> <td>Calories 40</td> <td></td> </tr> <tr> <td>Total Carb. 10 g</td> <td>3%*</td> </tr> <tr> <td>Dietary Fiber 3 g</td> <td>12%*</td> </tr> <tr> <td>Soluble Fiber 2 g</td> <td>†</td> </tr> <tr> <td>Sugars 3 g</td> <td>†</td> </tr> <tr> <td>Iron 1 mg</td> <td>4%</td> </tr> <tr> <td>Sodium 5 mg</td> <td>&lt;1%</td> </tr> <tr> <td>Potassium 30 mg</td> <td>&lt;1%</td> </tr> </tbody> </table> <p>*Percent Daily Values (DV) are based on a 2,000 calorie diet.            † Daily Value not established.</p> <p><b>Ingredients:</b> Sucrose, Psyllium Husk, Citric Acid, Natural and Artificial Orange Flavor, FD&amp;C Yellow #6, Silicon Dioxide.</p>		Amount Per Serving	% DV*	Calories 40		Total Carb. 10 g	3%*	Dietary Fiber 3 g	12%*	Soluble Fiber 2 g	†	Sugars 3 g	†	Iron 1 mg	4%	Sodium 5 mg	<1%	Potassium 30 mg	<1%
Amount Per Serving	% DV*																		
Calories 40																			
Total Carb. 10 g	3%*																		
Dietary Fiber 3 g	12%*																		
Soluble Fiber 2 g	†																		
Sugars 3 g	†																		
Iron 1 mg	4%																		
Sodium 5 mg	<1%																		
Potassium 30 mg	<1%																		
<p><b>DIRECTIONS FOR USE:</b></p> <ol style="list-style-type: none"> <li>Place the adult or child dose listed in directions into an empty glass.</li> <li>Fill glass with at least 8 ounces of non-carbonated beverage.</li> <li>Stir briskly. If small clumps appear, you may continue to mix well and drink promptly.</li> </ol>																			

\*This product is not manufactured or distributed by Procter & Gamble, the distributor of METAMUCIL®.

MCKESSON

Distributed by McKesson  
 One Post Street, San Francisco, CA 94104  
 Money Back Guarantee  
[www.healthmart.com/healthmartbrand](http://www.healthmart.com/healthmartbrand)



0 52569 13530 3

Fill controlled by weight, not volume.

LOT:  
 EXP:

## ORIGINAL TEXTURE ORANGE FLAVOR

psyllium husk powder, for suspension

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:62011-0135
<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 11 g

### Inactive Ingredients

Ingredient Name	Strength

<b>SILICON DIO XIDE</b> (UNII: ETJ7Z6XBU4)	
<b>SUCROSE</b> (UNII: C151H8M554)	
<b>ANHYDROUS CITRIC ACID</b> (UNII: XF417D3PSL)	
<b>FD&amp;C YELLOW NO. 6</b> (UNII: H77VEI93A8)	

### Product Characteristics

<b>Color</b>	brown	<b>Score</b>	
<b>Shape</b>		<b>Size</b>	
<b>Flavor</b>		<b>Imprint Code</b>	
<b>Contains</b>			

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:62011-0135-1	538 g in 1 CANISTER		

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	04/21/2012	

**Labeler** - HEALTHMART (177667227)

Revised: 8/2012

HEALTHMART