

CVS NATURAL FIBER EFFERVESCENT - psyllium husk powder

CVS Pharmacy

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.

CVS Natural Fiber Effervescent

Drug Facts

Active ingredient (in each PACKET)

Psyllium husk approximately 3.4 g

Purpose

Fiber therapy for regularity

Uses

- for relief of occasional constipation (irregularity)

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.

Allergy alert

This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium.

Ask a doctor before use if you have

- a sudden change in bowel habits persisting for 2 weeks
- abdominal pain, nausea or vomiting

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 doctor or a Poison Control Center right away. (1-800-222-1222)

Directions

Put one packet 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 thickens, add more liquid and stir.

Adults 12 yrs. & older:	1 packet 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.
-------------------------	---

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 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 packet contains:** potassium 30 mg; sodium 194.0 mg
- **PHENYLKETONURICS: CONTAINS PHENYLALANINE**, 29.0 mg per teaspoon
- store at room temperature tightly closed to protect from humidity
- do not use if printed package is torn or punctured
- contains a 100% natural, therapeutic fiber

Inactive ingredients

anhydrous citric acid, aspartame, flavors, sodium bicarbonate, sucralose, yellow no 6.

Distributed By: CVS Pharmacy, Inc.

One CVS Drive, Woonsocket RI 02895

CVS.com

1-800-SHOP CVS

PRINCIPAL DISPLAY PANEL

Natural Daily Fiber Effervescent

Smooth Dissolving

100% Natural Psyllium Husk Fiber Supplement

Compare to the active ingredient in Metamucil® MultiHealth Fiber

Sugar Free

Therapy for regularity as part of a healthy lifestyle

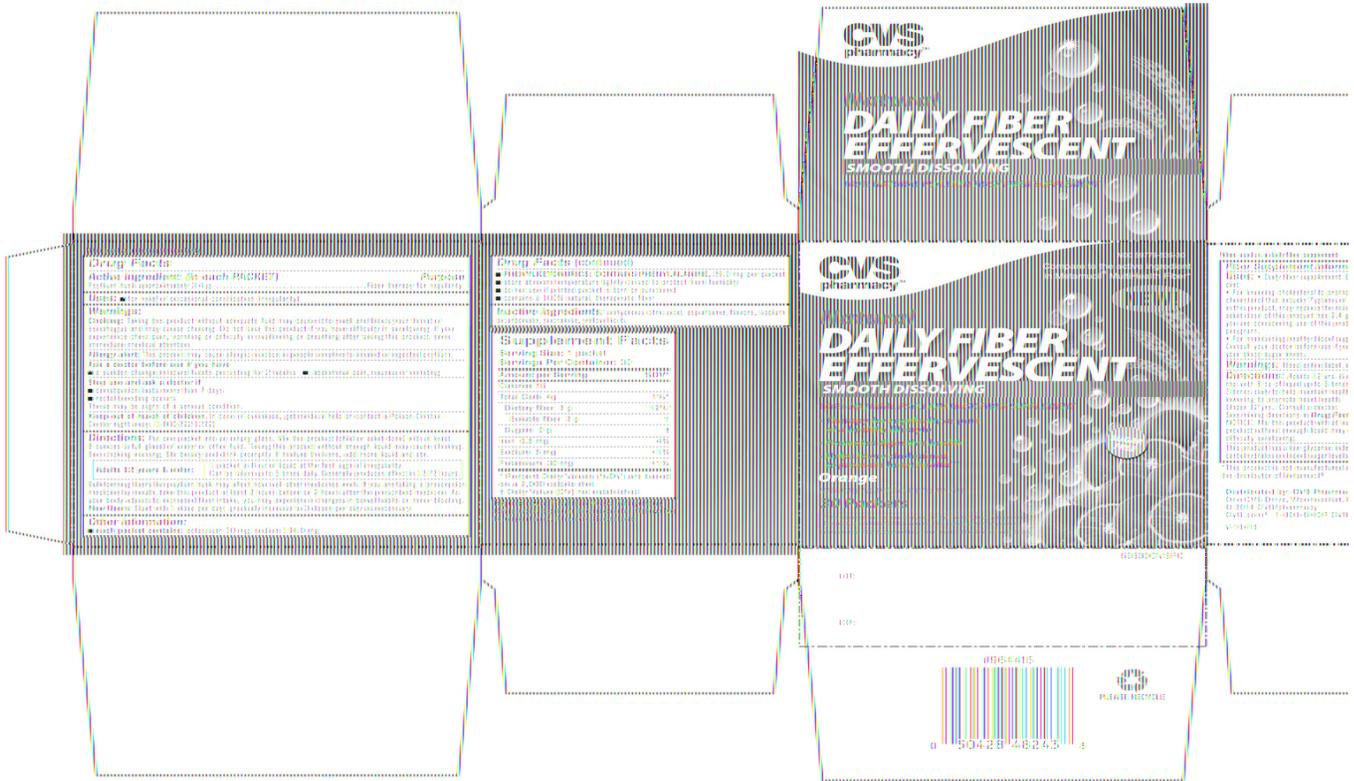
Promotes digestive health

Helps lower cholesterol to promote heart health

Orange

Naturally and Artificially Flavored

30 Packets



CVS NATURAL FIBER EFFERVESCENT

psyllium husk powder

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:59779-535
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
aspartame (UNII: Z0H242BBR1)	
citric acid monohydrate (UNII: 2968PHW8QP)	
FD&C Yellow No. 6 (UNII: H77VEI93A8)	
SODIUM BICARBONATE (UNII: 8MDF5V39QO)	
SUCRALOSE (UNII: 96K6UQ3ZD4)	

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:59779-535-30	30 in 1 CARTON		
1		3.4 g in 1 PACKET		

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	02/28/2014	

Labeler - CVS Pharmacy (062312574)

Revised: 2/2013

CVS Pharmacy