

TOPCO FIBER THERAPY SUGAR FREE- psyllium husk powder
TOPCO ASSOCIATES LLC

TopCare® health™ PSYLLIUM HUSK Orange Flavor Sugar free 180 Teaspoon Doses

Drug Facts

Active ingredient: (in each TEASPOON)

Psyllium husk approximately 3.4 g

Purpose

Bulk-forming Laxative

Uses:

- for relief of occasional constipation (irregularity)
- generally produces bowel movement in 12-72 hours

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 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 thickens, add more liquid and stir.

Adults & children 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.
Children 6-11 yrs :	½ adult dose in 8 oz. of liquid, up to 3 times daily
Children 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 after the prescribed medicine.

New Users:

Start with 1 serving per day; gradually increase to 3 doses per day as necessary. You may initially experience changes in bowel habits or minor bloating, as your body adjusts to increased fiber intake.

Other information:

- each teaspoon contains: **potassium 35 mg; sodium 5 mg**
- **PHENYLKETONURICS: CONTAINS PHENYLALANINE**, 25 mg per teaspoon
- contains a therapeutic fiber
- store at room temperature. Keep the container tightly closed to protect from humidity

Inactive ingredients:

aspartame, citric acid, FD&C Yellow 6, maltodextrin, natural and artificial orange flavor, silica.

Questions or comments?

1-888-423-0139

PRINCIPAL DISPLAY PANEL

NDC 36800-558-80

COMPARE TO THE METAMUCIL® 4 IN 1 MULTIHEALTH FIBER!™*

SUGAR FREE (NOT A LOW CALORIE FOOD)

Fiber Therapy

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**
- **Orange Smooth Fiber Powder**
- Gluten free

ORANGE FLAVOR

NATURALLY AND ARTIFICIALLY FLAVORED

180 TEASPOON‡ Doses

FILL CONTROLLED BY WEIGHT, NOT VOLUME

NET WT 36.8 OZ (2 LB 4.8 OZ) 1.04 kg

K

PAREVE

QUALITY GURANTEED

‡Serving size varies See DIRECTIONS on back panel for more information

†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.**

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, the distributor of Metamucil® 4 in 1 MultiHealth Fiber!™.

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

This Top Care product is laboratory tested to guarantee its highest quality. Your total satisfaction is guaranteed.

DISTRIBUTED BY TOPCO ASSOCIATES LLC, ELK GROVE VILLAGE, IL 60007

© **TOPCO RARA1217**

QUESTIONS? 1-888-423-0139

topcare@topco.com www.topcarebrand.com



SUGAR FREE
NOT A LOW CALORIE FOOD

COMPARE TO THE FIBER CONTENT IN
METAMUCIL® SUGAR FREE POWDER*

Fiber Powder

PSYLLIUM FIBER SUPPLEMENT

4-in-1 FIBER

HELPS SUPPORT:

- Appetite Control**
- Heart Health by Lowering Cholesterol*
- Healthy Blood Sugar Levels**
- Digestive Health**

*See back for information about soluble fiber and heart disease



ORANGE FLAVOR
NATURALLY & ARTIFICIALLY FLAVORED

180 TEASPOONS
FILL CONTROLLED BY WEIGHT, NOT VOLUME

NET WT 36.8 OZ (2 LB 4.8 OZ) 1.04 kg



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	Amount Per Serving	%DV*	%DV*
2 rounded teaspoons (11.3 g) About 11	1 rounded teaspoon (5.6 g) About 11		
	Total Carbohydrate	10 g	4%
	Dietary Fiber	8 g	21%
	Soluble Fiber	5 g	11%
	Fiber	0.7 mg	<1%
	Sodium	10 mg	<1%
	Potassium	60 mg	1%

INGREDIENTS: PSYLLIUM HUSK, MALTODEXTRIN, CITRIC ACID, NATURAL AND ARTIFICIAL ORANGE FLAVOR, SILICA, ASPARTAME, FD&C YELLOW NO. 6.

DISTRIBUTED BY TOPCO ASSOCIATES LLC
ELK GROVE VILLAGE, IL 60007
© TOPCO RAR40822
QUESTIONS? 1-888-423-0139
topcare@topco.com www.topcarebrand.com



Scan here for more food information or call 1-888-423-0139

*10% 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.

Warning: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to www.PBSWarnings.ca.gov.



ALLERGY ALERT: This product may cause allergic reactions in people sensitive to inhaled or ingested psyllium.
NOTICE: Mix this product with at least 8 fl 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.** 25 mg per teaspoon
• Store at room temperature. 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 fl oz or more of cool liquid.
3. Drink promptly and enjoy!

HOW 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
1 ROUNDED TEASPOON up to 3 times per day		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.

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.

S15180T0PLR



QUALITY GUARANTEED

This TopCare® product is laboratory tested to guarantee its highest quality. Your total satisfaction is guaranteed.

TOPCO FIBER THERAPY SUGAR FREE

psyllium husk powder

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:36800-558
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 5.79 g

Inactive Ingredients

Ingredient Name	Strength
ASPARTAME (UNII: Z0H242BBR1)	
ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)	
FD&C Yellow No. 6 (UNII: H77VEI93A8)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	

Product Characteristics

Color	BROWN (Light Yellowish)	Score	
Shape		Size	
Flavor	ORANGE (natural and artificial)	Imprint Code	
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:36800-558-80	1040 g in 1 CANISTER; Type 0: Not a Combination Product	04/18/2019	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	04/18/2019	

Labeler - TOPCO ASSOCIATES LLC (006935977)

Revised: 11/2023

TOPCO ASSOCIATES LLC