

MEIJER FIBER LAXATIVE- psyllium husk capsule
MEIJER DISTRIBUTION, INC

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.

Meijer Fiber Capsules Natural Psyllium Husk

Drug Facts

Active ingredient (in each capsule)

Psyllium husk approximately 0.52 g

Purpose

Fiber laxative

Uses

- effective in treating occasional constipation and restoring regularity

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

- Take this product 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.
- **Adults 12 years and older:** 5 capsules with 8 ounces of liquid (swallow 1 capsule at a time) at the first sign of irregularity. Can be taken up to 3 times daily.
- **Children 12 years and under:** Ask a doctor
- Laxatives, including bulk fibers, may affect how well other medicines work. If you are taking a prescription medication 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.

Other information

- **each capsule contains:** potassium 5 mg
- capsules are sealed using a band around the middle
- store at room temperature. Keep tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber

Inactive ingredients

caramel color, edible ink, gelatin, polysorbate 80

Questions or comments

1-866-467-2748

PRINCIPAL DISPLAY PANEL - 320 Capsules Label

meijer®

NDC **41250-230-32**

Compare to the active ingredient in Metamucil® 3 in 1 MultiHealth Fiber*

Fiber Capsules

100% Natural Psyllium Husk

Fiber Laxative/Dietary Supplement

Helps maintain healthy blood sugar levels as part of your diet**

Helps lower cholesterol to promote heart health†

Promotes digestive health**

Ingredient Name	Basis of Strength	Strength
Psyllium Husk (UNII: 0SHO53407G) (Psyllium Husk - UNII:0SHO53407G)	Psyllium Husk	0.52 g

Inactive Ingredients

Ingredient Name	Strength
CARAMEL (UNII: T9D99G2B1R)	
GELATIN, UNSPECIFIED (UNII: 2G86QN327L)	
POLYSORBATE 80 (UNII: 6OZP39ZG8H)	

Product Characteristics

Color	BROWN	Score	no score
Shape	CAPSULE	Size	20mm
Flavor		Imprint Code	RP119
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:41250-230-32	320 in 1 BOTTLE; Type 0: Not a Combination Product	03/14/2017	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	03/14/2017	

Labeler - MEIJER DISTRIBUTION, INC (006959555)

Revised: 1/2023

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