

CAREONE- psyllium husk capsule

FOODHOLD USA

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.

CAREONE Fiber Capsules Psyllium Husk 160 Capsules

Drug Facts

Active ingredient (in each capsule)

Psyllium husk approximately 0.52 g

Purpose

Bulk Forming Laxative

Uses

- effective in treating occasional constipation and restoring regularity.
- This product generally produces bowel movement in 12 to 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

- 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 at least 8 oz. 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 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 - 160 Capsules Label

NDC **41520-907-60**

Compare to Metamucil® Capsules 3 in 1 Multihealth Fiber!™

FIBER CAPSULES

Psyllium Husk Fiber Supplement

100% natural Psyllium Husk

BULK FORMING LAXATIVE

DIETARY FIBER SUPPLEMENT

160 CAPSULES

OUR PHARMACISTS RECOMMEND

****THESE STATEMENTS HAVE NOT BEEN EVALUATED BY FOOD AND DRUG ADMINISTRATION, THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE**

GLUTEN FREE (may contain trace amount less than 20 ppm). If you have specific dietary needs, you should dietary needs; you should consult your doctor before consuming this product)

DISTRIBUTED BY FOODHOLD U.S.A. LLC

LANDOVER, MD 20785

1-877-846-9949

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Quality guaranteed or your money back.

*This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil® 3 in1 MultiHealth Fiber!™.

CAREone
 Commitment to Wellness. Careone
 is in MultiHealth Fiber™.

FIBER CAPSULES
 Psyllium Husk Fiber Supplement

HELPS LOWER CHOLESTEROL TO PROMOTE HEART HEALTH. BULK FORMING LAXATIVE DIETARY FIBER SUPPLEMENT

160 CAPSULES

Supplement Facts

Serving Size 3 Capsules	
Servings Per Container 53	
% Daily Value*	
Total Fiber	100%
Dietary Fiber	100%
Soluble Fiber	100%
Fiber from Fruit	2%
Fiber from Veg	1%

Directions: Adults 17 years and over: 3 capsules 4 times daily. For all you should if you are currently on a diet or taking other medications - see your physician.

Warnings: Do not take if you are pregnant or nursing. Do not take if you are taking other medications. Do not take if you are taking other dietary supplements.

Supplement Facts: Total Fiber 100%, Dietary Fiber 100%, Soluble Fiber 100%, Fiber from Fruit 2%, Fiber from Veg 1%.

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Active ingredient (in each capsule): Psyllium

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Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:41520-907
Route of Administration	ORAL		

Active Ingredient/Active Moiety

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	21mm
Flavor		Imprint Code	RP119
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:41520-907-60	160 in 1 BOTTLE; Type 0: Not a Combination Product	04/16/2019	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	04/16/2019	

Labeler - FOODHOLD USA (809183973)

Revised: 8/2023

FOODHOLD USA