

**QUALITY CHOICE FIBER THERAPY - methylcellulose tablet**  
**Chain Drug Marketing Association 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.*

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**Quality Choice Fiber Therapy**

**ACTIVE INGREDIENT(in each caplet)**

Methylcellulose 500 mg

**PURPOSE**

Bulk-forming laxative

**USE(S)**

- relieves occasional constipation to help restore and maintain regularity
- generally produces a 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.

**ASK A DOCTOR BEFORE USE IF YOU HAVE**

- abdominal pain, nausea or vomiting
- a sudden change in bowel habits that persists over a period of 2 weeks

**WHEN USING THIS PRODUCT**

- do not use laxative products for a period longer than one week unless directed by a doctor.
- do not use if you are on a low salt diet unless directed by a doctor.

**STOP USE AND ASK DOCTOR IF**

- rectal bleeding occurs
- you fail to have a bowel movement after use

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

This product generally produces effect in 12-72 hours

- take this product (child or adult) dose with atleast 8 ounces (a full glass) of water or other fluid
- taking this product without enough liquid may cause choking, see choking warning.

| AGE                               | DOSE         | MAXIMUM DOSE        |
|-----------------------------------|--------------|---------------------|
| adults & children 12 years & over | 2 caplets    | up to 6 times daily |
| children 6 to 11 years            | 1 caplet     | up to 6 times daily |
| children under 6 years            | ask a doctor | ask a doctor        |

## OTHER INFORMATION

- **each caplet contains:** sodium 10 mg
- store below 25°C (77°F)
- protect contents from moisture
- keep tightly closed

## INACTIVE INGREDIENTS

citric acid, colloidal silicon dioxide, crospovidone, FD&C yellow no.6 aluminum lake, magnesium stearate, microcrystalline cellulose, sodium bicarbonate, sodium chloride, sodium lauryl sulfate.

## PRINCIPAL DISPLAY PANEL

NDC 63868-078-10

**QC**

QUALITY CHOICE

**Fiber Therapy**  
**Bulk Forming Laxative**

Methylcellulose

Fiber Therapy for Regularity  
Gentle & Gluten Free

**100** Caplets



|                                                       |  |
|-------------------------------------------------------|--|
| <b>ANHYDROUS CITRIC ACID</b> (UNII: XF417D3PSL)       |  |
| <b>SILICON DIOXIDE</b> (UNII: ETJ7Z6XBU4)             |  |
| <b>CROSPVIDONE</b> (UNII: 68401960MK)                 |  |
| <b>FD&amp;C YELLOW NO. 6</b> (UNII: H77VEI93A8)       |  |
| <b>MAGNESIUM STEARATE</b> (UNII: 70097M6I30)          |  |
| <b>CELLULOSE, MICROCRYSTALLINE</b> (UNII: OP1R32D61U) |  |
| <b>SODIUM BICARBONATE</b> (UNII: 8MDF5V39QO)          |  |
| <b>SODIUM LAURYL SULFATE</b> (UNII: 368GB5141J)       |  |
| <b>SODIUM CHLORIDE</b> (UNII: 451W47IQ8X)             |  |

### Product Characteristics

|                 |         |                     |          |
|-----------------|---------|---------------------|----------|
| <b>Color</b>    | ORANGE  | <b>Score</b>        | no score |
| <b>Shape</b>    | CAPSULE | <b>Size</b>         | 18mm     |
| <b>Flavor</b>   |         | <b>Imprint Code</b> | G188     |
| <b>Contains</b> |         |                     |          |

### Packaging

| # | Item Code        | Package Description                                | Marketing Start Date | Marketing End Date |
|---|------------------|----------------------------------------------------|----------------------|--------------------|
| 1 | NDC:63868-078-10 | 100 in 1 BOTTLE; Type 0: Not a Combination Product | 07/28/2022           |                    |

### Marketing Information

| Marketing Category      | Application Number or Monograph Citation | Marketing Start Date | Marketing End Date |
|-------------------------|------------------------------------------|----------------------|--------------------|
| OTC MONOGRAPH NOT FINAL | part334                                  | 07/28/2022           |                    |

**Labeler** - Chain Drug Marketing Association Inc. (011920774)

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Chain Drug Marketing Association Inc.