

**REGULOID- psyllium powder, for solution**  
**Preferred Pharmaceuticals 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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**2688 - Rugby**

***Drug Facts***

***Active ingredient (in each rounded TEASPOON)***

Psyllium Husks, approximately 3.4 g

***Purpose***

Bulk-forming Laxative

**Uses**

relieves occasional constipation  
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 an 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

**Ask a doctor or pharmacist before use if you are**

taking any other drug. Take this product two or more hours before or after other drugs. Laxatives may affect how other drugs work.

**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.

**Directions**

- put one dose into an empty glass

- mix this product (child or adult dose) with at least 8 ounces (oz) (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 & over	1 rounded TEASPOON in 8 oz of liquid, up to 3 times daily
children 6 to under 12 years	1/2 adult dose in 8 oz of liquid, up to 3 times daily
children under 6 years	ask a doctor

**New Users** : Start with one dose per day, gradually increase to 3 doses per day as necessary.

As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.

### **Other information**

**each teaspoon contains:** potassium 30 mg, sodium 5 mg

### **Inactive ingredient**

sucrose

### **Questions or comments?**

**1-800-645-2158**

### **DIETARY FIBER SUPPLEMENT**

Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in Reguloid, may reduce the risk of heart disease by lowering cholesterol. One adult dose of Reguloid has 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of this product as part of a cholesterol-lowering program.

**SEE WARNINGS & DIRECTIONS IN LAXATIVE SECTION.**

**Dosage: Adults and children 12 years and over:** 1 rounded teaspoon in 8 ounces of liquid, 3 times daily. **Children under 12 years:** ask a doctor.

<b>Supplement Facts</b>	
<b>Serving Size</b> 1 rounded teaspoon (7g)	
<b>Servings per container</b> 77	
<b>Amount Per Serving %DV**</b>	
Calories 25	
Total Carbohydrates 7 g	2%
Dietary Fiber 3 g	12%
Soluble Fiber 2 g	*
Sugars 3 g	*
Iron 0.4 mg	2%
Sodium 5 mg	<1%
Potassium 30 mg	<1%
**% Daily Value (DV) is based on a 2,000 calorie diet.	

\*Daily Value (DV) not established.

**INGREDIENTS:** Sucrose, Psyllium Husk

TAMPER EVIDENT: DO NOT USE IF IMPRINTED

INNER FOIL SEAL IS BROKEN OR MISSING

Store below 30°C (86°F). Protect contents from humidity. Keep tightly closed.

**Distributed by:**

Rugby Laboratories

17177 N Laurel Park Drive

Suite 233

Livonia, MI 48152

[www.rugbylaboratories.com](http://www.rugbylaboratories.com)

Re-order No. 370160

Rev. 08/17 R-29

6879-08-17

**Relabeled By: Preferred Pharmaceuticals Inc.**

**Rugby®**

**NDC 68788-7129-3**

**REGULAR FLAVOR**

**Reguloid®**

**NATURAL VEGETABLE BULK-FORMING LAXATIVE POWDER & DIETARY FIBER  
SUPPLEMENT**

**PSYLLIUM HUSK**

- Gentle, Effective Relief From Constipation
- Daily Fiber Source
- No Chemical Stimulants, Not Addictive

Net Wt. 19 oz

(540 g)

**Relabeled By: Preferred Pharmaceuticals Inc.**

**Reguloid®**  
 Generic for: Metamucil  
 Active ingredient (in each rounded TEASPOON): Psyllium Husk, approximately 3.4g. Bulk-forming Laxative  
 Pkg Size: Exp Date:  
 Lot#: Batch#:



CAUTION: Federal law PROHIBITS transfer of this drug to any person other than the patient for whom it was prescribed.

Reguloid®  
 Qty: Ins:  
 Lot#: Bat#:  
 Prod# (NDC):

Ins:  
 Mfg: Rugby Laboratories, Livonia, MI  
 Prod#:

Reguloid®  
 Qty: Ins:  
 Lot#: Bat#:  
 Prod# (NDC):

Reguloid®  
 Qty:  
 Insurance NDC:  
 Lot#: Bat#:

Reguloid®  
 Qty: Ins:  
 Lot#: Bat#:  
 Prod# (NDC):

Log  
 Chart  
 Billing  
 Patient

#07  
 Directions English

Take        teaspoonful(s) every        hours.

Instrucciones Espanol:  
 Toma        cucharadita(s) cada        horas

**REGULOID**

psyllium powder, for solution

Product Information			
Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:68788-7129(NDC:0536-4444)
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 7 g	

Inactive Ingredients	
Ingredient Name	Strength
SUCROSE (UNII: C151H8M554)	

Product Characteristics			
Color	BROWN	Score	no score
Shape		Size	
Flavor		Imprint Code	
Contains			

Packaging				
#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:68788-7129-3	369 g in 1 BOTTLE; Type 0: Not a Combination Product	03/30/2018	

Marketing Information			
Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date

**Labeler** - Preferred Pharmaceuticals Inc. (791119022)

**Registrant** - Preferred Pharmaceuticals Inc. (791119022)

<b>Establishment</b>			
<b>Name</b>	<b>Address</b>	<b>ID/FEI</b>	<b>Business Operations</b>
Preferred Pharmaceuticals Inc.		79 1119 022	RELABEL(68788-7129)

Revised: 3/2018

Preferred Pharmaceuticals Inc.