UP AND UP FIBER THERAPY- psyllium husk powder
Target Corporation

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up and up fiber therapy 100% natural psyllium husk

Drug Facts

Active ingredient: (in each TEASPOON)

Psyllium husk approximately 3.4 g

Purpose

Fiber therapy for regularity

Uses:

- for relief of occasional constipation (irregularity)

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 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. Generally produces effect in 12 – 72 hours.
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. As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.

New Users

Start with 1 serving per day; gradually increased to desired daily intake. 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
- store at room temperature tightly closed to protect from humidity
- do not use if printed inner seal is broken or missing
- contains a 100% natural, therapeutic fiber

Inactive ingredients:

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

Questions or comments?

Call 1-800-910-6874

PRINCIPAL DISPLAY PANEL

NDC 11673-669-91

Compare to active ingredient in Metamucil® 4 in 1 MultiHealth Fiber***

fiber therapy

100% natural psyllium husk

multi-benefit daily fiber supplement therapy for regularity

helps you feel less hungry between meals**

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

helps **lower cholesterol** to promote heart health†

promotes **digestive health**

sugar free

not a low calorie food

ORANGE FLAVOR 114 DOSES‡

FILL CONTROLLED BY WEIGHT NOT VOLUME

114 TEASPOON DOSES‡

NET WT 23.3 OZ (1.4 LB) 660 g

Naturally and Artificially Flavored

245 05 0216 R01 ID295403

Distributed by Target Corporation

Minneapolis, MN 55403

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GLUTEN FREE

**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.

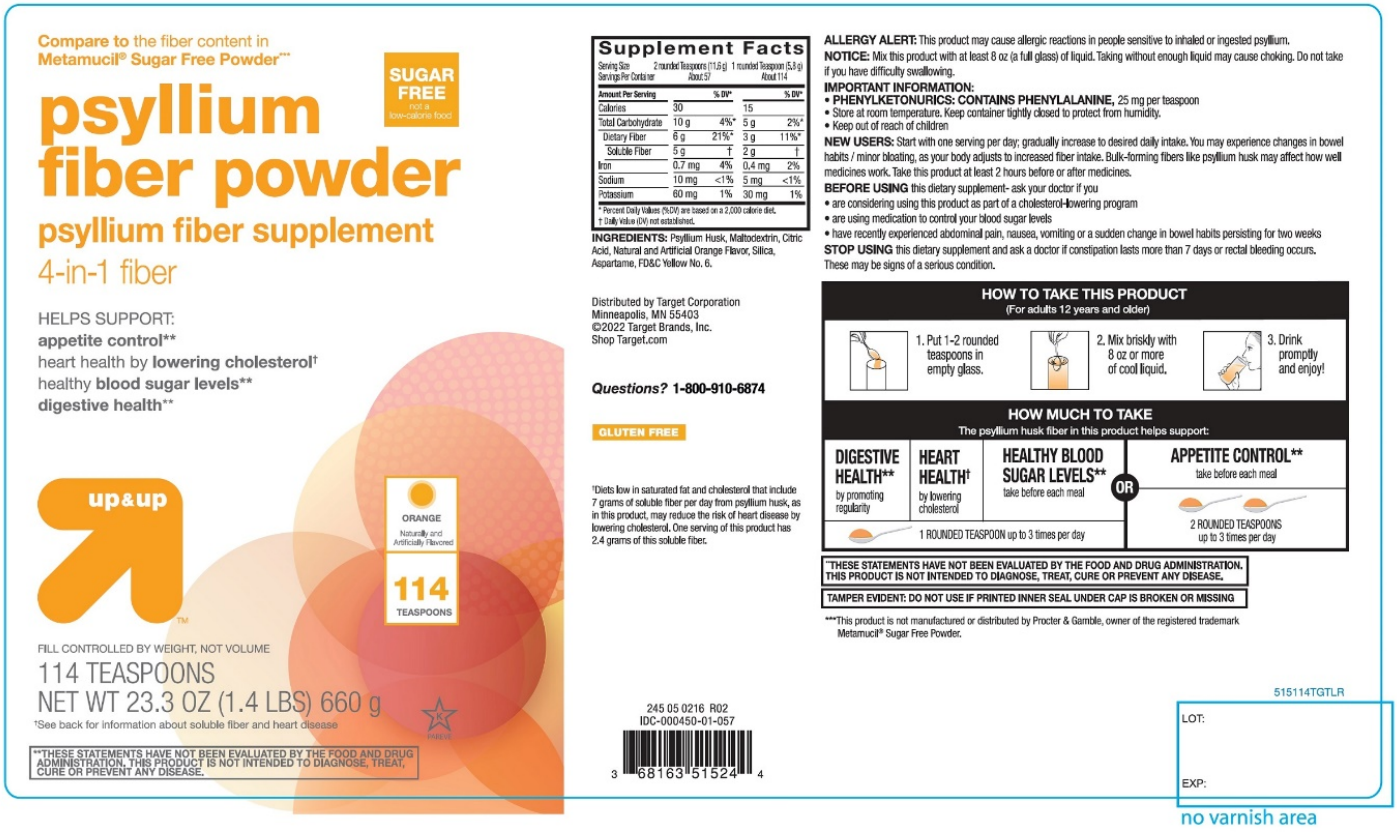
†See back for information about soluble fiber and heart disease

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

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

100% satisfaction guaranteed or your money back.

***This product is not manufactured or distributed by Procter & Gamble, owner of the registered trademark Metamucil ®.



UP AND UP FIBER THERAPY

psyllium husk powder

Product Information			
Product Type	HUMAN OTC DRUG	**Item Code (Source)**	NDC:11673-669
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)	
citric acid monohydrate (UNII: 2968PHW8QP)	
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	**Imprint Code**	
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:11673-669-91	660 g in 1 BOTTLE; Type 0: Not a Combination Product	10/26/2015	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	10/26/2015	

Labeler - Target Corporation (006961700)

Revised: 11/2026 Target Corporation