

CVS HEALTH NATURAL DAILY FIBER SUGAR FREE NATURAL FIBER- psyllium husk powder
CVS Pharmacy, 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.

CVS Health™ Natural Daily Fiber Smooth Dissolving 100% Natural Psyllium Husk Berry Flavor Sugar free 114 Teaspoon Doses

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.
6 – 11 yrs :	½ adult dose in 8 oz of liquid, up to 3 times daily
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
- Keep out of reach of children
- do not use if printed inner seal is broken or missing
- contains a 100% natural, therapeutic fiber

Inactive ingredients:

Acesulfame potassium, aspartame, citric acid, FD&C Blue 1, FD&C Red 40, maltodextrin, natural and artificial berry flavors, silica.

Questions or comments?

1-866-467-2748

PRINCIPAL DISPLAY PANEL

CVS Health™

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

Berry

NDC 59779-934-11

Natural Daily Fiber

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****
- Gluten free

SUGAR FREE not a low calorie food

Berry

NATURALLY & ARTIFICIALLY FLAVORED

114 TEASPOONS‡

NET WT 23.3 OZ (1.4 LB) (660g)

FILL CONTROLLED BY WEIGHT, NOT VOLUME

†See back for information about soluble fiber and heart disease.

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

GLUTEN FREE

If you have specific dietary needs, you should consult your doctor before consuming this product.

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

DO NOT USE IF PRINTED INNER SEAL IS BROKEN OR MISSING

**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.

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

4 in 1 MultiHealth Fiber*

Distributed by: CVS Pharmacy, Inc.

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CVS® Quality

Money Back Guarantee



Compare to the Fiber Content in Metamucil® Sugar Free Powder**

Berry

Daily Fiber

PSYLLIUM HUSK DAILY FIBER SUPPLEMENT

- Helps maintain healthy blood sugar levels as part of your diet[§]
- Helps lower cholesterol to promote heart health[§]
- Promotes digestive health[§]
- Gluten free

SUGAR FREE
not a low calorie food

Berry
NATURALLY & ARTIFICIALLY FLAVORED

114 TEASPOON DOSES
NET WT 23.3 OZ (1.4 LBS) 660 g

FILL CONTROLLED BY WEIGHT, NOT VOLUME
[§]See back for information about soluble fiber and heart disease.

*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.

Supplement Facts

Amount Per Serving	%DV*
Serving Size 1 rounded teaspoon (5.8g)	
Servings Per Container About 114	
Total Carbohydrate	5g 2% [†]
Dietary Fiber	3g 11% [†]
Soluble Fiber	2g 1 [†]
Iron	0.7 mg 4%
Sodium	5 mg <1%
Potassium	30 mg 1%

*Percent Daily Values (DV) are based on a diet of 2,000 calories per day. †Daily Value (DV) not established.

INGREDIENTS: PSYLLIUM HUSK, MALTODEXTRIN, CITRIC ACID, NATURAL AND ARTIFICIAL BERRY FLAVOR, SILICA, ASPARTAME, ACESULFAME POTASSIUM, FD&C RED NO. 40, FD&C BLUE NO. 1.

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Money Back Guarantee

ALLERGY ALERT: This product may cause allergic reactions in people sensitive to inhaled or ingested psyllium.

NOTICE: Mix this product with at least 8 fl oz (a 16 fl oz glass) of liquid. Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing.

IMPORTANT INFORMATION

- **PHENYLKETONURICS: CONTAINS PHENYLALANINE,** 25 mg per teaspoon
- Store at room temperature. Keep container tightly closed to protect from humidity.
- Keep out of reach of children

NEW USERS: Start with one serving per day, gradually increase to desired daily intake. You may experience changes in bowel habits / minor bloating as your body adjusts to increased fiber intake. Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.

BEFORE USING this dietary supplement, ask your doctor if you
• Are considering using this product as part of a cholesterol-lowering program
• Are using medication to control your blood sugar levels
• Have recently experienced abdominal pain, nausea, vomiting or a sudden change in bowel habits persisting for two weeks

STOP USING this dietary supplement and ask a doctor if constipation lasts more than 7 days or rectal bleeding occurs. These may be signs of a serious condition. **WARNING:** Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.

For centuries, psyllium husk has been used in traditional medicine to promote health[§]. Today, psyllium is known as one of the most effective fibers for maintaining regular digestive health[§], but it does so much more. Taken daily, this product also helps maintain healthy blood sugar levels[§] and supports heart health by lowering cholesterol[§].

[§]Diet is low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in this product, may reduce the risk of heart disease by lowering cholesterol. One serving of this product has 2.4 grams of this soluble fiber.

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TAMPER EVIDENT: DO NOT USE IF PRINTED INNER SEAL UNDER CAP IS BROKEN OR MISSING

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

HOW TO TAKE THIS PRODUCT

(For adults 12 years and older)

1. Put 1 rounded teaspoon (5.8g) in empty glass.
2. Mix briskly with 8 fl oz or more of cool liquid.
3. Drink promptly. Enjoy up to 3 times per day!

The psyllium husk fiber in this product helps support:

DIGESTIVE HEALTH[§]
by promoting regularity

HEART HEALTH[§]
by lowering cholesterol

MAINTENANCE OF HEALTHY BLOOD SUGAR LEVELS[§]
take before each meal

CVS HEALTH NATURAL DAILY FIBER SUGAR FREE NATURAL FIBER psyllium husk powder

Product Information			
Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:59779-934
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 5.78 g

Inactive Ingredients	
Ingredient Name	Strength
ACESULFAME POTASSIUM (UNII: 23OV73Q5G9)	
ASPARTAME (UNII: Z0H242BBR1)	
ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)	
FD&C BLUE NO. 1 (UNII: HBR47K3TBD)	
FD&C RED NO. 40 (UNII: WZB9127XOA)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	

Product Characteristics

Color		Score	
Shape		Size	
Flavor	BERRY	Imprint Code	
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:59779-934-11	660 g in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product	08/17/2015	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	08/17/2015	

Labeler - CVS Pharmacy, Inc. (062312574)

Revised: 8/2020

CVS Pharmacy, Inc.