

**FIBER LAXATIVE- psyllium husk capsule**  
**McKesson**

*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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**Sunmark Fiber Laxative**

**Active ingredient (in each capsule)**

Psyllium husk approx. 0.52 g

**Purpose**

Fiber laxative

**Uses**

relieves:

- occasional constipation
- helps restore regularity
- promotes normal function of the bowel

**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
- difficulty in swallowing
- a sudden change in bowel habits that persists over a period of 2 weeks

When using this product

- it may cause an allergic reaction in people sensitive to inhaled or ingested psyllium

**Stop use and ask a doctor if**

- you fail to have a bowel movement after use
- rectal bleeding occurs
- symptoms persist more than 1 week
- Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center immediately

**Directions**

- take this product (child or adult dose) with a full glass of water (8oz.) or other fluid. Taking this product without enough liquid may cause choking. See choking warning.
- swallow capsules one at a time
- daily maximum 3 doses

- dosage will vary according to diet, exercise, previous laxative use or severity of constipation.
- product generally produces effect in 12-72 hours.

adults and children 12 years and older	5 capsules, 1 to 3 times a day
children 6 to under 11 years	consider use of powder form of product
children under 6 years	ask a doctor

- Laxatives, including bulk fibers, 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.

### Other information

- do not use if printed seal under cap is torn or missing.
- store at room temperature
- protect contents from moisture.

### Inactive ingredients

caramel color, gelatin, iron oxide, polysorbate 80, shellac

### Fiber Supplement information

**Uses:** An easy way to increase your daily fiber intake. Diets 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 provides 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.

**Warnings:** Read entire label, including warnings in **Drug Facts**

**Directions:** Adults 12 years and older: 2-6 capsules for increasing daily fiber intake; 6 capsules for cholesterol lowering use. Take this product 8oz. of liquid (swallow 1 capsule at a time) up to 3 times daily. **NOTICE:** Take this product atleast 8 oz. (a full glass) of liquid. Taking this product without enough liquid may cause choking. Do not take if you have difficulty swallowing.

### PDP

Sunmark

compare to Metamucil<sup>®</sup> capsules active ingredient

fiber laxative

Relieves constipation, restores regularity

dietary fiber supplement

160 capsules

sunmark™

COMPARE TO METAMUCIL®  
CAPSULES ACTIVE INGREDIENT\*

NDC# 49348-633-49

# fiber laxative

Relieves constipation,  
restores regularity  
Daily dietary supplement

160 CAPSULES



## Drug Facts

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.....Fiber laxative

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**Ask a doctor before use if you have**

- abdominal pain, nausea or vomiting
- difficulty in swallowing
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### When using this product

■ it may cause an allergic reaction in people sensitive to inhaled or ingested psyllium

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- rectal bleeding occurs
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\*This product is not manufactured or distributed by Proctor & Gamble, the distributor of METAMUCIL® Capsules.



LOT:

EXP:

MFR 53041  
REV 1103

Peel Here for Continuing Drug Facts & Supplement Facts

## Drug Facts (continued)

Other information ■ do not use if printed seal under cap is torn or missing  
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## Supplement Facts

Serving Size: 6 Capsules  
Servings Per Container: 26

Amount Per Serving	% DV*
Calories 10	
Total Carb. 3 g.....	1%
Dietary Fiber 3 g.....	11%
Soluble Fiber 2 g.....	†
Protein less than 1 gram	
Iron 0.4 mg.....	2%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

**INGREDIENTS:** Psyllium husk, gelatin, polysorbate 80, caramel color, shellac, iron oxide.

**McKesson**

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Another Quality Product  
Distributed By McKesson

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Money Back Guarantee

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Stop Peeling Here

## FIBER LAXATIVE

psyllium husk capsule

### Product Information

Product Type

HUMAN OTC DRUG

Item Code (Source)

NDC:49348-633

Route of Administration ORAL

### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
PSYLLIUM HUSK (UNII: 0SHO53407G) (PSYLLIUM HUSK - UNII:0SHO53407G)	PSYLLIUM HUSK	520 mg

### Inactive Ingredients

Ingredient Name	Strength
CARAMEL (UNII: T9D99G2B1R)	
GELATIN (UNII: 2G86QN327L)	
BROWN IRON OXIDE (UNII: 1N032N7MFO)	
POLYSORBATE 80 (UNII: 6OZP39ZG8H)	
SHELLAC (UNII: 46N107B71O)	

### Product Characteristics

Color	white (Clear transparent pale to buff color)	Score	no score
Shape	CAPSULE	Size	20mm
Flavor		Imprint Code	G650
Contains			

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:49348-633-49	160 in 1 BOTTLE		

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	11/14/2003	

Labeler - McKesson (177667227)

Revised: 4/2014

McKesson