# PREMIER VALUE FIBER THERAPY ORIGINAL COARSE- psyllium husk powder PHARMACY VALUE ALLIANCE, LLC

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# Premier Value 100% Natural Psyllium Husk Original Coarse 72 Teaspoons Drug Facts

# Active ingredient: (in each teaspoon)

Psyllium husk approximately 3.4 g

# **Purpose**

**Bulk-Forming Laxative** 

#### Uses:

- for relief of occasional constipation (irregularity)
- 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 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.

	1 rounded teaspoon in 8 ounces of liquid at the first sign of irregularity. Can be taken up to 3 times daily.
	½ adult dose in 8 ounces of liquid, up
11 yrs:	to 3 times daily
Children	Consult a doctor
under 6 yrs:	

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 increase 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
- store at room temperature. Keep the container tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber

# **Inactive ingredients**

silica, sucrose.

Questions or comments?

1-866-467-2748

#### PRINCIPAL DISPLAY PANEL

Premier Value®

\*COMPARE TO THE FIBER CONTENT IN METAMUCIL® 4 IN 1 MULTIHEALTH FIBER!™

NDC# 68016-511-72

# Fiber Therapy

100% NATURAL PSYLLIUM HUSK

MULTI-BENEFIT DAILY FIBER SUPPLEMENT

THERAPY FOR REGULARITY

ORIGINAL COARSE

unflavored powder

- 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

72 TEASPOONS‡

NET WT 19 OZ (1.1 LBS) 538 g

**K PAREVE** 

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

TAMPER EVIDENT: DO NOT USE IF PRINTED INNER SEAL UNDER CAP 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!  $^{\text{M}}$ \*

GLUTEN FREE (may contain trace amounts less than 20 ppm). If you have specific dietary needs, you should consult your doctor before consuming this product.

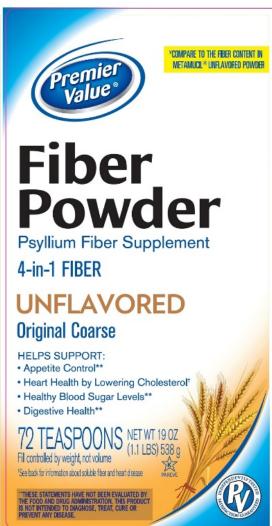
This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.

# Distributed by:

Pharmacy Value Alliance, LLC

407 East Lancaster Avenue,

Wayne, PA 19087





INGREDIENTS: Sucrose, Psyllium Husk, Silica.

Distributed By: Pharmacy Value Alliance, LLC 407 East Lancaster Avenue,



Questions? 1-866-467-2748

\*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 has 2.4 grams of this soluble fiber.

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

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

IMPORTANT INFORMATION:

Store at room temperature. Keep container tightly closed to protect from humidity.

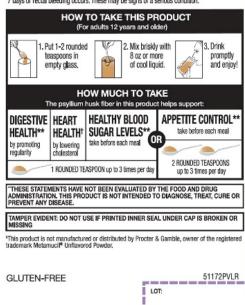
· Keep out of reach of children

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 busk 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.



EXP:

# PREMIER VALUE FIBER THERAPY ORIGINAL COARSE

psyllium husk powder

#### **Product Information**

**Product Type** HUMAN OTC DRUG Item Code (Source) NDC:68016-511

**Route of Administration ORAL** 

#### **Active Ingredient/Active Moiety**

ingredient Name	basis of strength	Strength
PSYLLIUM HUSK (UNII: 0SH053407G) (PSYLLIUM HUSK - UNII:0SH053407G)	PSYLLIUM HUSK	3.4 g in 7 g

Inactive Ingredients		
Ingredient Name	Strength	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)		
SUCROSE (UNII: C151H8M554)		

Product Characteristics			
Color	BROWN (Light)	Score	
Shape		Size	
Flavor		Imprint Code	
Contains			

Packaging			
# Item Code	Package Description	Marketing Start Date	Marketing End Date
NDC:68016- 511-72	538 g in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product	05/20/2019	

Marketing Information			
Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	05/20/2019	

Labeler - PHARMACY VALUE ALLIANCE, LLC (101668460)

Revised: 11/2023 PHARMACY VALUE ALLIANCE, LLC