

DISCOUNT DRUG MART SUGAR FREE- psyllium husk natural fiber powder DISCOUNT DRUG MART

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.

Smooth Texture Natural Fiber Powder Orange Flavor Sugar free 72 Teaspoon Doses

Drug Facts

Active ingredient: (in each teaspoon)

Psyllium husk approximately 3.4 g

Purpose

Fiber Laxative

Uses:

- for relief of occasional constipation (irregularity)
- generally produces bowel movement 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.

Adults & Children 12 years & older:	1 rounded teaspoon in 8 ounces of liquid at the first sign of irregularity. Can be taken up to 3 times daily.
Children 6-11 yrs :	½ adult dose in 8 ounces 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. Keep the container tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber

Inactive ingredients:

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

PRINCIPAL DISPLAY PANEL

NDC 53943-551-72

Compare to the Fiber Content in Metamucil®* 4 in 1 MultiHealth Fiber!™*

SMOOTH TEXTURE

Fiber Therapy

POWDER

Fiber Laxative/Fiber Supplement

100% Natural Psyllium Husk

SUGAR FREE

NOT A LOW CALORIE FOOD

- + **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****

Orange Flavor

Naturally and Artificially Flavored

72 TEASPOON DOSES

NET WT 15 OZ (425 g)

Fill controlled by weight, not volume

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

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

SATISFACTION GUARANTEED IF DISSATISFIED, RETURN UNUSED PORTION AND PACKAGE TO STORE WHERE PURCHASED. IF UNABLE TO RETURN TO STORE, SEND REASON FOR DISSATISFACTION, NAME, ADDRESS AND EMPTY PACKAGE TO: DISCOUNT DRUG MART, 211 COMMERCE DR., MEDINA, OHIO 44256.

Distributed By:

Drug Mart-Food Fair

211 Commerce Dr.

Medina, Ohio 44256

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:53943-551-72	425 g in 1 BOTTLE; Type 0: Not a Combination Product	05/16/2019	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	05/16/2019	

Labeler - DISCOUNT DRUG MART (047741335)

Revised: 8/2021

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