

**NATURAL DAILY FIBER- psyllium husk capsule**  
**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.*

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**CVS Health Natural Daily Fiber 100% Natural Psyllium Husk 160 Capsules**

***Drug Facts***

**Active ingredient (in each capsule)**

Psyllium husk approximately 0.52 g

**Purpose**

Fiber Laxative

**Uses**

- effective in treating occasional constipation and restoring regularity

**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**

- Take this product 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
- Adults 12 years and older: 5 capsules with 8 oz of liquid (swallow 1 capsule at a time) at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours.
- Children 12 years and under: 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.

HOW TO TAKE THIS PRODUCT (For adults 12 years and older)		
2 to 5 capsules	<b>DIGESTIVE HEALTH</b> by promoting regularity	up to 4 times per day
5 capsules	<b>HEART HEALTH</b> by lowering cholesterol <b>MAINTENANCE OF HEALTHY BLOOD SUGARS LEVELS</b> take before each meal	

### Other information

- **each capsule contains:** potassium 5 mg
- capsules are sealed using a band around the middle
- store at room temperature tightly closed to protect from humidity
- contains a 100% natural therapeutic fiber
- do not use if printed inner seal is broken or missing

### Inactive ingredients

caramel color, edible ink, gelatin, polysorbate 80

### Questions or comments?

1-866-467-2748

### PRINCIPAL DISPLAY PANEL

**CVS Health™**

Compare to the active ingredient in Metamucil® capsules 3 in 1 MultiHealth Fiber ‡

Natural Daily Fiber

100% NATURAL PSYLLIUM HUSK

FIBER LAXATIVE/DIETARY SUPPLEMENT

THERAPY FOR REGULARITY

- Helps maintain **blood sugar** levels as part of your diet\*\*
- Helps **lower cholesterol** to promote heart health†

- Promotes **digestive health**\*\*
- Gluten- Free

160 CAPSULES

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

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**\*\* 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<sup>®</sup> Capsules.



Compare to the  
Fiber Content in  
Metamucil® Capsules\*\*

# Daily Fiber

**PSYLLIUM HUSK  
DIETARY SUPPLEMENT**

- Helps maintain blood sugar levels as part of your diet<sup>1</sup>
- Helps lower cholesterol to promote heart health<sup>1</sup>
- Promotes digestive health<sup>1</sup>
- Gluten free



Actual Size

**160 CAPSULES**

<sup>1</sup>See back for information about soluble fiber and heart disease.



## Supplement Facts

Serving Size 5 Capsules		
Servings Per Container 32		
Amount Per Serving		% DV*
Calories 5		
Total Carb.	2 g	1%*
Dietary Fiber	2 g	7%*
Soluble Fiber	2 g	†
Protein	less than 1 g	
Iron	0.4 mg	2%
Potassium	25 mg	1%

\*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, edible ink.

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## HOW TO TAKE THIS PRODUCT (For adults 12 years and older)

2 to 5 capsules	<b>DIGESTIVE HEALTH<sup>1</sup></b> by promoting regularity	up to 4 times per day
	<b>HEART HEALTH<sup>1</sup></b> by lowering cholesterol <b>MAINTENANCE OF HEALTHY BLOOD SUGAR LEVELS<sup>1</sup></b> take before each meal	

<sup>1</sup>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.

**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](http://www.P65Warnings.ca.gov).

**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.**

For centuries, psyllium husk has been used in traditional medicine to promote health<sup>1</sup>. Today, psyllium is known as one of the most effective fibers for maintaining regular digestive health<sup>1</sup>, but it does so much more. Taken daily, this product also helps maintain healthy blood sugar levels<sup>1</sup> and supports heart health by lowering cholesterol<sup>1</sup>.

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

Swallow 1 capsule at a time and take in an upright position.

**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.

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



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

#252794



LOT:

EXP:

STOP PEELING HERE

**CAPSULES ARE SEALED USING A BAND AROUND THE MIDDLE.**  
Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.  
**ALLERGY ALERT:** This product may cause allergic reactions in people sensitive to inhaled or ingested psyllium.  
**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.  
**IMPORTANT INFORMATION**  
• Store at room temperature. Keep container tightly closed to protect from humidity.  
• Keep out of reach of children

## NATURAL DAILY FIBER

psyllium husk capsule

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:69842-219
<b>Route of Administration</b>	ORAL		

### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
Psyllium Husk (UNII: 0SHO53407G) (Psyllium Husk - UNII:0SHO53407G)	Psyllium Husk	0.52 g

**Inactive Ingredients**

Ingredient Name	Strength
CARAMEL (UNII: T9D99G2B1R)	
GELATIN, UNSPECIFIED (UNII: 2G86QN327L)	
POLYSORBATE 80 (UNII: 6OZP39ZG8H)	

**Product Characteristics**

Color	BROWN	Score	no score
Shape	CAPSULE	Size	21mm
Flavor		Imprint Code	FC119
Contains			

**Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:69842-219-16	160 in 1 BOTTLE; Type 0: Not a Combination Product	06/14/2017	

**Marketing Information**

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	06/14/2017	

**Labeler** - CVS Pharmacy,Inc. (062312574)

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CVS Pharmacy,Inc.