

**DAILY FIBER SUGAR FREE- psyllium husk powder**  
**Raritan Pharmaceuticals 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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**100% NATURAL PSYLLIUM HUSK Orange Flavor Sugar free 48 Teaspoon**  
**Doses**

***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.

<b>Adults &amp; children 12 years &amp; older:</b>	1 rounded teaspoon in 8 ounces of liquid at the first sign of irregularity. Can be taken up to 3 times daily.
<b>Children 6-11 yrs :</b>	½ adult dose in 8 ounces of liquid, up to 3 times daily
<b>Children under 6 yrs:</b>	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.

**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.

**Questions or comments?**

**1-866-467-2748**

**PRINCIPAL DISPLAY PANEL**

**NDC 68163-515-48**

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

**Daily Fiber**

**100% Natural Psyllium Husk**

**MultiHealth 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**

**ORANGE SMOOTH**

**Naturally and Artificially Flavored**

**48 Teaspoon‡ Doses**

NET WT 10 OZ (283 g)

fill controlled by weight, not volume

K

PAREVE

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

†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.**

**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® 4 in 1 MultiHealth Fiber!™.

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.

**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)

**Manufactured by:**

**Raritan Pharmaceuticals**  
**8 Joanna Court,**  
**East Brunswick, NJ 08816**



NDC 68163-515-48

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

**Supplement Facts**

Serving Size	2 rounded tsp (11.6g)	1 rounded tsp (5.8g)
Servings Per Container	About 24	About 48
Amount per Serving	%DV*	%DV*
Calories	45	20
Total Carbohydrate	11 g 4%*	5 g 2%*
Dietary Fiber	6 g 21%*	3 g 11%*
Soluble Fiber	5 g †	2 g †
Total Sugars	0 g †	0 g †
Includes Added Sugars	0 g 0%*	0 g 0%*
Iron	1.4 mg 8%	0.7 mg 4%
Sodium	10 mg <1%	5 mg <1%
Potassium	70 mg 1%	35 mg 1%

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet.  
†Daily Value (DV) not established.

**When used as a therapy for regularity:**

**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**

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**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.

<b>Adults &amp; children 12 years &amp; older:</b>	1 rounded teaspoon in 8 ounces of liquid at the first sign of irregularity. Can be taken up to 3 times daily.
<b>Children 6-11 yrs:</b>	1/2 adult dose in 8 ounces of liquid, up to 3 times daily
<b>Children under 6 yrs:</b>	Consult a doctor

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**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 ■ **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 No. 6, maltodextrin, natural & artificial orange flavor, silica.

**Questions or comments?** 1-866-467-2748

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

Manufactured by:  
Raritan Pharmaceuticals  
8 Joanna Court,  
East Brunswick, NJ 08816



LOT: 51548DCLR  
EXP:

**MultiHealth 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

**48 teaspoons†**  
**NET WT 10 OZ (283 g)**  
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.



**orange smooth**  
Naturally & Artificially Flavored

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## DAILY FIBER SUGAR FREE

psyllium husk powder

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:68163-515
<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	3.4 g in 5.79 g

### Inactive Ingredients

Ingredient Name	Strength
ASPARTAME (UNII: Z0H242BBR1)	
ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)	

<b>FD&amp;C Yellow No. 6</b> (UNII: H77VEI93A8)				
<b>MALTODEXTRIN</b> (UNII: 7CVR7L4A2D)				
<b>SILICON DIOXIDE</b> (UNII: ETJ7Z6XBU4)				
<b>Product Characteristics</b>				
<b>Color</b>	BROWN (Light Yellowish)	<b>Score</b>		
<b>Shape</b>		<b>Size</b>		
<b>Flavor</b>	ORANGE (natural and artificial)	<b>Imprint Code</b>		
<b>Contains</b>				
<b>Packaging</b>				
#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:68163-515-48	283 g in 1 CANISTER; Type 0: Not a Combination Product	03/12/2019	
<b>Marketing Information</b>				
Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date	
OTC monograph not final	part334	03/12/2019		

**Labeler - Raritan Pharmaceuticals Inc (127602287)**

Revised: 9/2023

Raritan Pharmaceuticals Inc