

HYDROCIL INSTANT DIETARY FIBER SUPPLEMENT - psyllium powder
NUMARK BRANDS, INC

Hydrocil Instant Dietary Fiber Supplement

Supplement Facts - Single Use Packets

Dietary Fiber Supplement

Serving Size: 3.7 g (1 PACKET)

Servings Per Container: 30

Amount per Serving	% Daily Value*
Calories 10	
Sodium 3 mg	< 1%
Total Carbohydrate 3g	1%
Dietary Fiber 3g	12%
Soluble Fiber 2.4g	†
Sugars 0g	†
Calcium 6mg	<1%
Iron 0mg	0%
* Percentage Daily Values are based on a 2000 calorie diet.	
† Daily Value (DV) not established	

Ingredients: Psyllium Husk (psyllium hydrophilic mucilloid), polyethelene glycol, and povidone.

DIRECTIONS - Singe Use Packets:

Adults 12 years & older: 1 PACKET in 8 ounces of liquid 2 times daily.

Children under 12 years: Consult a doctor.

Supplement Facts - Powder

Dietary Fiber Supplement

Serving Size: 3.7 g (1 ROUNDED TEASPOON)

Servings Per Container: 81

Amount per Serving	% Daily Value*
Calories 10	
Sodium 3 mg	< 1%
Total Carbohydrate 3g	1%
Dietary Fiber 3g	12%

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NOTICE:

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

Store at room temperature. Keep tightly closed, protect from excessive moisture (humidity).

See bottom for lot number and expiration date.

Questions: call 1-800-331-0221

All Natural, Mixes Instantly

For Gastrointestinal Health and Digestive Regularity*

For Heart Health

Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in HYDROCIL® INSTANT, may reduce the risk of heart disease by lowering cholesterol. One serving of HYDROCIL® INSTANT has 2.4 grams of this soluble fiber.

* 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.

PRINCIPAL DISPLAY PANEL

Hydrocil®

Instant DIETARY FIBER SUPPLEMENT

- Recommended by Gastroenterologists for over 30 years.
- 100% pure concentrated Psyllium Fiber.
- Dissolves instantly. No sugar, artificial flavors, colors or sweeteners. Safe for diabetics.

30 Single Use Packets, each 3.7 grams (0.13 oz)

Do not use if any packet is torn or broken

Recommended Use: Mix one packet in 8 ounces (a full glass) of liquid 2 times a day. For adults 12 years and older.

Contains NO sugar, artificial flavors, colors or sweeteners.

Distributed by: Numark Brands, Inc. Edison, NJ 08818

9EB11 Rev. 4/16

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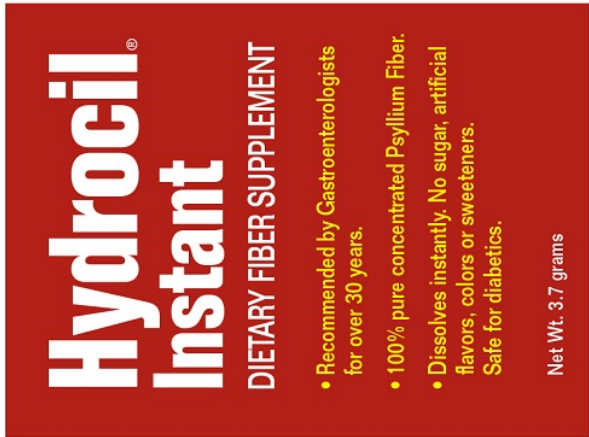
Net Wt. 3.7 grams

REFER TO OUTER CARTON FOR FULL INFORMATION

Contains NO sugar, artificial flavors, colors or sweeteners.

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Hydrocil®
Instant DIETARY FIBER SUPPLEMENT

- Recommended by Gastroenterologists for over 30 years.
- 100% pure concentrated Psyllium Fiber so you only need two servings day.
- Dissolves instantly. No sugar, artificial flavors, colors or sweeteners. Safe for diabetics.

81 teaspoon servings.

Net Wt. 10.6 oz (300 g)

Do not use if outer cap seal is broken or missing.

Recommended Use: Mix one teaspoon in 8 ounces (a full glass) of liquid 2 times a day. For adults 12 years and older.

Contains NO sugar, artificial flavors, colors or sweeteners.

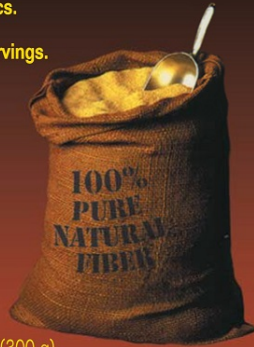
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HYDROCIL INSTANT DIETARY FIBER SUPPLEMENT

psyllium powder

Product Information

Product Type	DIETARY SUPPLEMENT	Item Code (Source)	NHRIC:69846-808
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
Plantago Seed (UNII: 9C60Y73166) (Plantago Seed - UNII:9C60Y73166)	Plantago Seed	1 g in 1 g

Inactive Ingredients

Ingredient Name	Strength
Polyethylene Glycols (UNII: 3WJQ0SDW1A)	
Povidones (UNII: FZ989GH94E)	

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	038485808576	30 in 1 CARTON		
1		3.7 g in 1 PACKET		
2	038485808552	500 in 1 CARTON		
2		3.7 g in 1 PACKET		
3	038485808682	300 g in 1 CANISTER		

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
Dietary Supplement		02/21/1949	

Labeler - NUMARK BRANDS, INC (080184668)

Establishment

Name	Address	ID/FEI	Business Operations
GRANULATION TECHNOLOGY INC		847132193	manufacture(69846-808)

Revised: 8/2016

NUMARK BRANDS, INC