

TARGET FIBER LAXATIVE- psyllium husk capsule
TARGET CORPORATION

Target Fiber Capsules Psyllium Husk 160 Capsules

Drug Facts

Active ingredient (in each capsule)

Psyllium husk approximately 0.52 g

Purpose

Bulk Forming Laxative

Uses

- effective in treating occasional constipation and restoring regularity
- This product generally produces bowel movement in 12 to 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

- 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 at least 8 oz. of liquid (swallow 1 capsule at a time) at the first sign of irregularity. Can be taken up to 3 times daily.
- **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 medication 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.

Other information

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

Inactive ingredients

caramel color, edible ink, gelatin, polysorbate 80

Questions or comments?

1-866-467-2748

Principal Display Panel - 160 Capsules Label

NDC **11673-509-87**

Compare to active ingredient in Metamucil® Capsules 3 in 1 MultiHealth Fiber*

Fiber supplement

100% natural Psyllium Husk

Fiber Laxative/Dietary Supplement

Helps maintain healthy blood sugar levels as part of your diet*†

Helps lower cholesterol to promote heart health†

Promotes digestive health**

Gluten free

****THESE STATEMENTS HAVE NOT BEEN EVALUATED BY FOOD AND DRUG ADMINISTRATION, THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE**

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

See fiber supplement information about soluble fiber and heart disease and maintaining healthy blood sugar levels.

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

up & up

160 CAPSULES

Distributed by: Target Corporation

Minneapolis, MN 55403

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*This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil® 3 in1 MultiHealth Fiber!™.

Die Sizes: 6" width x 2.5" height

Compare to the Fiber Content in Metamucil® Capsules*

psyllium fiber capsules

psyllium fiber supplement

3-in-1 FIBER

multiple health benefits

up&up

160 CAPSULES

ACTUAL SIZE

160 CAPSULES

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 diet of other people's secrets.
†Daily Value (%DV) not established.

Ingredients: Psyllium husk, gelatin, polysorbate 80, caramel color, edible ink.

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Supplement Facts

For adults 12 years and older

HELPS SUPPORT:

DIGESTIVE HEALTH** by promoting regularity	2 to 5 capsules up to 4 times per day	Swallow 1 capsule at a time and take in an upright position.
HEART HEALTH† by lowering cholesterol	5 capsules up to 4 times per day	
HEALTHY BLOOD SUGAR LEVELS** take before each meal	5 capsules 4 times per day	

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 oz (a full glass) of liquid. Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing.

†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 1.8 grams of this soluble fiber.

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

Questions? 1-800-910-6874

LOT:

EXP:

PEEL HERE

STOP PEELING HERE

CAPSULES ARE SEALED USING A BAND AROUND THE MIDDLE.

Bulk-forming fibers like psyllium husk may affect how oral 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 linseed or fennel seed.

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

- To open bottle, push down and turn
- Store at room temperature. Keep container tightly closed to protect from humidity.
- Keep out of reach of children

TARGET FIBER LAXATIVE

psyllium husk capsule

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:11673-509
Route of Administration	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	RP119
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:11673-509-87	160 in 1 BOTTLE; Type 0: Not a Combination Product	04/16/2019	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	04/16/2019	

Labeler - TARGET CORPORATION (006961700)

Revised: 11/2023

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