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 STAEMENTS HAVE NOT BEEN EVALUATED BY FOOD AND DRUG ADMINSTRATION, THIS PRODUCT IS NOT INTEDED 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 dietary needs; you should consult your doctor before consuming this product)

up & up

160 CAPSULES

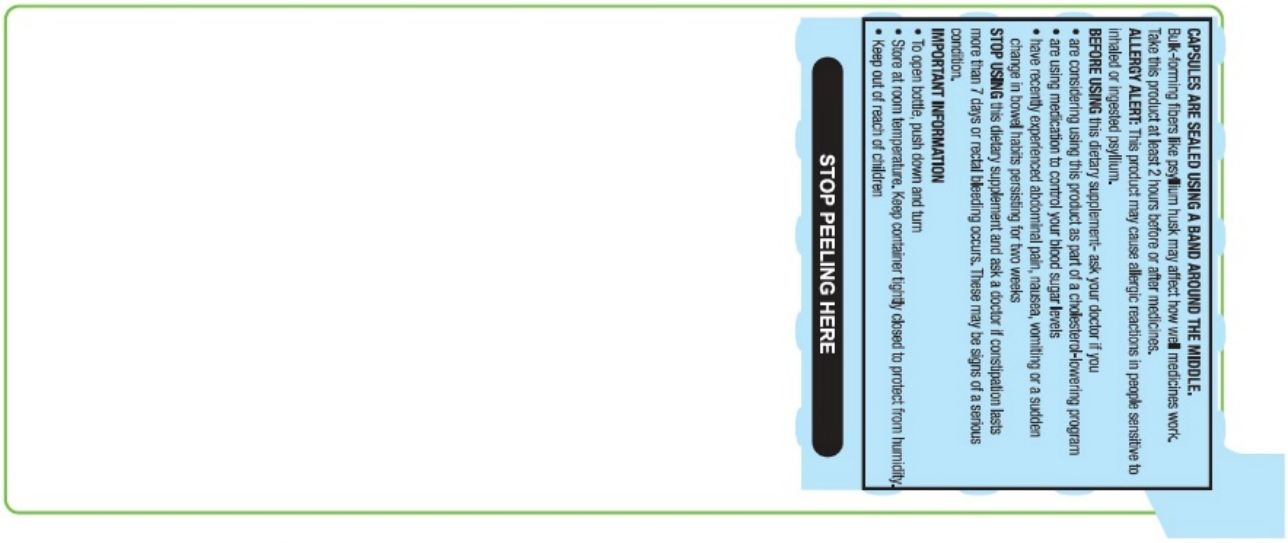
Distributed by: Target Corporation

Minneapolis, MN 55403

Shop Target.com

*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



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 TARGET CORPORATION