# QC FIBER THERAPY ORANGE SMOOTH- psyllium husk powder QUALITY CHOICE (CHAIN DRUG MARKETING ASSOCIATION)

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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# Quality Choice NATURAL PSYLLIUM HUSK Orange Flavor Drug Facts

## Active ingredient: (in each tablespoon)

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.

Adults & children	1 rounded tablespoon in 8 ounces of liquid at the first sign of
12 years & older:	irregularity. Can be taken up to 3 times daily.
Children 6-11 yrs:	$\frac{1}{2}$ adult dose in 8 ounces of liquid, up to 3 times daily
Children under 6	Consult a doctor
yrs:	

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
- store at room temperature. Keep the container tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber

# **Inactive ingredients:**

citric acid, FD&C Yellow No. 6, natural and artificial orange flavor, silica, sucrose.

## Questions or comments?

1-866-467-2748

#### PRINCIPAL DISPLAY PANEL

Compare to the Fiber Content in Metamucil<sup>®</sup> 4 in 1 MultiHealth Fiber!  $^{\text{m}*}$  Fiber Therapy

100% Natural Psyllium Husk

# MultiHealth Daily Fiber Supplement Therapy for Regularity

## **Orange Smooth**

# **Naturally and Artificially Flavored**

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

fill controlled by weight, not volume

**K PAREVE** 

<sup>‡</sup>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<sup>®</sup> 4 in 1 MultiHealth Fiber!  $^{\text{\tiny M}}$ .

GLUTEN FREE 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.

100% SATISFACTION GURANTEED

Distributed BY: C.D.M.A., Inc. ©

43157 W 9 Mile Rd

Novi, MI 48375

www.qualitychoice.com

**Questions: 800-935-2362** 



NDC 63868-513-72

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

# Fiber Therapy

### 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

Serving size varies. See DIRECTIONS on back panel for more information. †See back for information about soluble fiber and heart disease

Orange Smooth Naturally and Artificially Flavored

**72** tablespoon doses<sup>‡</sup> Net Wt 30.4 OZ (1.9 LBS) 861 g

NDC 63868-513-30

#### Supplement Facts

Servings Per Container	About 36		About 72	
Amount per Serving	15	%DV*	1	%DV*
Calories	90		45	
Total Carbohydrate	23 g	8%*	12 g	4%*
Dietary Fiber	6 g	24%*	3 g	12%*
Soluble Fiber	5 g	1	2 g	1
Total Sugars	16 g		8 g	1
Includes Added Sugars	16 g	32%	8 g	16%
Iron	1.4 mg	8%	0.7 mg	4%
Sodium	10 mg	<1%	5 mg	<1%
Potassium	70 mg	1%	35 mg	1%

INGREDIENTS: Sucrose, Psyllium Husk, Citric Acid, Natural and Artificial Orange Flavor, Silica, FD&C Yellow No. 6.

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Motice Put I dose of product into an empty glass. Mit this product with at least 6 ounces (a full glass) of layad. Str brisky and drinky prompty. Jacking without enough lead may cause choking. Do not take if you have difficulty availowing. Alteryy after: This product may cause altergic reaction in people sensitive to inhald or ingested psyllam. Contact your octor REFORE USRN this debuty supplement if contact your octor REFORE USRN this debuty supplement if Contact your doctor BEFORE USING this detays supplement if you have recently experienced a sudden change in howel hab persisting for 2 weeks, abdominal pain, nausea or vorning. STOP USING this detays supplement and ask a doctor if constipation lasts more than 7 days or rectal bleeding occurs. These may be signs of a serious condition.

\*\*Rew Usera: Start with I serving per day; days to describe the described of the described by the described has been described by the described

When used as a daily fiber supp

#### Fiber Supplement Information

Fiber Supplement Information
Uses & Directions:
For feeling less hungry between meals\*
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For lowering cholesterol to promote heart health?
Adults & children 12 yrs. & over: One rounded tablespoor
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Boutes of liquid, 3 times day, Consult your doctor before use if you are currently using medication to cort your blood sugar levels.

For promoting, and maintaining, digestive health\*\*

Adults & Children 12 yes, and over. One rounded tablespoon in 8 ounces of liquid up to 3 times daily for fiber supplementaining regularity. For children under 12 yrs.: consult a doctor.

#### hen used as a therapy for regularity:

#### Drug Facts Active ingredient (in each tablespoon) Purpose

Uses ■ for relief of occasional constipation (irregularity) ■ generally produces bowel movement in 12-72 hours

Choking: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus an may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vonting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. use an allergic reaction in people sensitive to inhaled or ingested psyllium

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	1 rounded tablespoon in 8 ounces of liquid at the first sign of irregularity Can be taken up to 3 times daily.	
Children 6-11 yrs:	1/2 adult dose in 8 ounces of liquid, up to 3 times daily	

Children under 6 yrs: Consult a doctor ulk-forming fibers like psyllium husk may affect how well other medicines work. If you are taking a prescription nedicine 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 day Intake. You may initially experience hanges in bowel habits or minor bloating, as your body adjusts to increased fiber intake.

#### Other information

- Beach tablespoon contains: potassium 35 mg; sodium 5 mg
  store at room temperature. Keep the container tightly closed to protect from humidity
  contains a 100% natural, therapeutic fiber
- Inactive ingredients citric acid, FD&C Yellow No. 6, natural & artificial orange flavor, silica, sucrose

Questions or comments? 1-866-467-2748

\*This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil® 4 in 1 MultiHealth Fiber ™

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

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



51372QCLR

### **Generic Section**

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

# **Fiber** Therapy

### 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<sup>†</sup> Promotes Digestive Health\*\* Gluten-Free

‡Serving Size Varies, See Directions on Back Panel for More Information \*See Back for Information About Soluble Fiber and Heart Disease

Orange Smooth Naturally and Artificially Flavored



30 Tablespoon Doses<sup>‡</sup> Net Wt 13 oz (368 g)

#### Supplement Facts 2 rounded Tbsp (24 g) 1 rounded Tbsp (12 g) Drug Facts

Servings Per Container	About 15		About 30	
Amount per Serving		%DV*	e.	%DV*
Calories	90		45	
Total Carbohydrate	23 g	8%*	12 g	4%*
Dietary Fiber	6 g	21%*	3 g	11%*
Soluble Fiber	5 g	†	2 g	†
Total Sugars	16 g	†	8 g	†
Includes Added Sugars	16 g	32%*	8 g	16%*
Iron	1.4 mg	8%	0.7 mg	4%
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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, a your body adjusts to increased fiber intake.

#### When used as a daily fiber supplement:

#### Fiber Supplement Information

Uses & Directions: For feeling less hungry between meals\*\*

Adults & children 12 yrs. and over. Two rounded tablespoons in 8 or more ounces of liquid with meals, up to 3 times daily.

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Adults & children 12 yrs. and over: One rounded tablespoon in 8 ounces of liquid, 3 times daily. 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 24 grams of this soluble fiber. Consult a doot of lyou are considering use of this product as a part of a cholesterol-lowering program.

For maintaining healthy blood sugar levels as part of your diete\* Adults & children 12 yrs. and over: One rounded tablespoon in 8 ounces of figuid. 3 times daily, Consult your dotor before use if you are currently using medication to control your blood sugar levels.

For promoting and maintaining digestive health\*\*

Adults & children 12 yrs. and over: One rounded tablespoon in 8 ounces of liquid
up to 3 times daily for fiber supplementation. For occasional constipation and to
help promote and maintain regulantly. For children under 12 yrs: consult a doctor.

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

Active ingredient (in each tablespoon)
Psyllium husk approximately 3,4 g..... Purpose Bulk-forming Laxativ Uses ■ for relief of occasional constipation (irregularity) ■ generally produces bowel movement in 12-72 hours

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Other information ■ each tablespoon contains: potassium 35 mg; sodium 5 mg ■ store at room emperature. Keep the container tightly closed to protect from humidity 

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CURE OR PREVENT ANY DISEASE.

This product has a low glycemic index a measure of the effect of dietary carbohydrates on blood sugar levels,

Made in USA\_\_\_\_\_\_51330QCLR LOT:

UNVARNISHED

# **QC FIBER THERAPY ORANGE SMOOTH**

psyllium husk powder

Product Information				
Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:63868-513	
Route of Administration	ORAL			

Active Ingredient/Active Moiety				
Ingredient Name	<b>Basis of Strength</b>	Strength		
PSYLLIUM HUSK (UNII: 0SHO53407G) (PSYLLIUM HUSK - UNII:0SHO53407G)	PSYLLIUM HUSK	3.4 g in 12 g		

Inactive Ingredients			
Ingredient Name	Strength		
ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)			
FD&C Yellow No. 6 (UNII: H77VEI93A8)			
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)			
SUCROSE (UNII: C151H8M554)			

Product Characteristics			
Color	BROWN (Light Yellowish)	Score	
Shape		Size	
Flavor	ORANGE (natural and artifcial)	Imprint Code	
Contains			

F	Packaging					
#	tem Code	Package Description	Marketing Start Date	Marketing End Date		
1	NDC:63868-513-72	861 g in 1 BOTTLE; Type 0: Not a Combination Product	04/18/2019			
2	NDC:63868-513- 30	368 g in 1 BOTTLE; Type 0: Not a Combination Product	04/18/2019			

Marketing Information				
Marketing Appli Category	ication Number or Monograph Citation	Marketing Start Date	Marketing End Date	
OTC monograph not final part334		04/18/2019		

**Labeler -** QUALITY CHOICE (CHAIN DRUG MARKETING ASSOCIATION) (011920774)

Revised: 6/2021 QUALITY CHOICE (CHAIN DRUG MARKETING ASSOCIATION)