

**FIBER THERAPY ORANGE FLAVOR - psyllium dietary fiber supplement granule, for solution**

**Kinray LLC**

*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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**Drug Facts**

**Active Ingredients (in each teaspoon = 5.4 g)**

Psyllium Powder 3.4 gms (approximately)

**Purpose**

Fiber Laxative / Fiber Supplement

**Uses**

**Fiber Laxative**

- effective in treating occasional constipation and restoring regularity

**Fiber Supplement**

- daily fiber supplement
- for lowering cholesterol to promote heart health. Diets low in saturated fat and cholesterol that includes 7 grams of soluble fiber per day from psyllium powder, as in this product, may reduce the risk of heart disease by lowering cholesterol. One Adult dose of this product has 2.4 gms of this soluble fiber. Consult a doctor if you are considering use of this product as part of a cholesterol-lowering program.

**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**

- The 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 that persists over a period of 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, contact a doctor or a Poison Control Center right away

## Directions

Mix this product (child or adult dose) with at least 8 ounces (a full glass) of water or other fluid. Taking this product with enough liquid may cause choking. Do not take if you have difficulty in swallowing. See choking warnings. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir.

	LAXATIVE USE	DIETARY SUPPLEMENT FIBER USE
Adults 12 years & older	1 rounded teaspoon (5.4 g) in 8 oz. of liquid at the first sign of irregularity. Can be taken up to 3 times daily	1 rounded teaspoon (5.4 g) in 8 oz. of liquid 3 times daily.
Children 6 years to under 12 years	1/2 the adult dose in 8 oz. of liquid, up to 3 times daily	consult a doctor
Children under 6 years	consult a doctor	consult a doctor

1. Put one dose into an empty glass
2. Mix this product (child or adult dose) with at least 8 ounces (a full glass) of water or other fluid.
3. Taking this product without enough liquid may cause choking. See choking warning.
4. Stir briskly and drink immediately. If mixture thickens, add more liquid and stir. An additional glass of liquid is recommended.

Bulk forming fibers like psyllium 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. As your body adjusts to increase fiber intake, you may experience changes in bowel habits or minor bloating.

**New Users:** Your doctor can recommend the right dosage of this product to best meet your needs. In general, start by taking one dose a day. Gradually increase to three doses per day, if needed or recommended by your doctor.

## Other information

- **DO NOT USE THIS PRODUCT IF PRINTED SEAL UNDER CAP IS BROKEN OR MISSING.**
- store at room temperature
- keep tightly closed to protect from humidity
- **each teaspoon contains: potassium 30 mg; sodium 5 mg**

## Inactive Ingredients

citric acid, and maltodextrin

**Product Label**



NDC 61715-130-13  
Compare to the active ingredients of Metamucil® Orange Sugar Free †



**Fiber Therapy**  
**FOR REGULARITY**

**ORANGE FLAVOR**  
**SUGAR FREE**



**Net Wt. 10 oz. (283 g)**  
**48 doses**  
Fill controlled by weight not volume.

†This product is not manufactured or distributed by Proctor & Gamble, owner of the registered trademark Metamucil®, All Preferred Plus Pharmacy products are satisfaction guaranteed or your money back from retailer where purchased.

**Drug Facts**

**Active Ingredients** (in each teaspoon = 5.4 g) **Purpose**  
psyllium powder 5.4 g (approximately) Fiber Laxative

**Uses**  
effective in treating occasional constipation and restoring regularity

**Warnings**  
**Choking:** taking this product without adequate liquid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty 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 that persists over a period of 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, contact a doctor or a Poison Control Center right away.

**Directions** mix this product (child or adult dose) with at least 8 ounces (a full glass) of water or other liquid, taking this product without enough liquid may cause choking. Do not take if you have difficulty in swallowing. See choking warnings. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir.

Adults 12 years & older	1 rounded teaspoon (5.4 g) in 8 oz. of liquid at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours
Children 6 years to under 12 years	1/2 the adult dose in 8 oz. of liquid, up to 3 times daily
under 6 years	Consult a doctor

1. Put one dose into an empty glass.  
2. Mix this product (child or adult dose) with at least 8 ounces (a full glass) of water or other liquid.  
3. Taking this product without enough liquid may cause choking. See choking warning.  
4. Stir briskly and drink immediately. If mixture thickens, add more liquid and stir.  
Bulk forming fibers like psyllium may affect how well other medicines work. If you are taking a prescribed medicine 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. **New Users:** Your doctor can recommend the right dosage of this product to best meet your needs. In general, start by taking one dose each day. Gradually increase to three doses per day if needed or recommended by your doctor.

**Other Information** DO NOT USE THIS PRODUCT IF PRINTED SEAL UNDER CAP IS BROKEN OR MISSING. store at room temperature keep tightly closed to protect from humidity each teaspoon contains: potassium 30 mg; sodium 5 mg

**Inactive Ingredients:** citric acid, FD & C yellow # 6, Art. Orange flavor and maltodextrin

**Fiber supplement information**

**Uses** daily fiber supplement for lowering cholesterol to promote heart health. Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium powder, as in this product, may reduce the risk of heart disease by lowering cholesterol. One adult dose has 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of this product as part of a cholesterol-lowering program.

**Warning** read entire label, including warning in Drug Facts

**Directions**

Adults 12 years & older	1 rounded teaspoon (5.4 g) in 8 oz. of liquid 3 times daily
under 12 years of age	Consult a doctor

See mixing direction in Drug Facts.  
**Notice:** mix 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. See Choking Warning. This product is not intended to diagnose, treat, cure or prevent any disease.

**Supplement Facts**  
Serving size: 1 rounded teaspoon (5.4 g)  
Servings per container 48

Amount per serving	%DV*
Calories 20	
Total Carbohydrate 5 g	1 %
Dietary Fiber 3 g	10 %
Soluble Fiber 2 g	†
Sugar 0.0 g	†
Sodium 5 mg	< 1 %
Potassium 30 mg	< 1 %

\* Percentage daily values (% DV) are based on a 2,000 calorie diet  
† Daily value not established

**Ingredients:** citric acid, FD & C yellow # 6, Art. Orange flavor, psyllium powder and maltodextrin.

**Questions or comments?** 1-845-692-5799

Manufactured By: **RJ PHARMACEUTICAL CORP, 40 COMMERCIAL AVENUE, MIDDLETOWN, NY 10941** Distributed By: **KINRAY, INC, WHITESTONE, NY 11357**  
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Rev 07/13



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**FIBER THERAPY ORANGE FLAVOR**

psyllium dietary fiber supplement granule, for solution

**Product Information**

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:61715-130
<b>Route of Administration</b>	ORAL		

**Active Ingredient/Active Moiety**

Ingredient Name	Basis of Strength	Strength
PSYLLIUM HUSK (UNII: 0SH053407G) (PSYLLIUM HUSK - UNII:0SH053407G)	PSYLLIUM HUSK	3.4 g in 5.4 g

**Inactive Ingredients**

Ingredient Name	Strength
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
CITRIC ACID MONOHYDRATE (UNII: 2968PHW8QP)	
FD&C YELLOW NO. 6 (UNII: H77VEI93A8)	

**Product Characteristics**

<b>Color</b>	ORANGE (ORANGE)	<b>Score</b>
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<b>Shape</b>		<b>Size</b>	
<b>Flavor</b>	ORANGE	<b>Imprint Code</b>	
<b>Contains</b>			

**Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:61715-130-13	283 g in 1 BOX		

**Marketing Information**

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	09/28/2014	

**Labeler** - Kinray LLC (012574513)

Revised: 9/2014

Kinray LLC