PREMIER VALUE FIBER- psyllium husk capsule Chain Drug Consortium, LLC

Premier Value Fiber Capsules

Drug Facts

Active ingredient (in each capsule)

Psyllium husk approximately 0.52 g

Purpose

Fiber laxative

Uses

effective in treating occasional constipation and restoring regularity

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

Ask a doctor or pharmacist before use if you are taking any other drug. Take this product two or more hours before or after other drugs. Laxatives may affect how other drugs work.

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 ounces. of liquid (swallow 1 capsule at a time) at the first sign of irregularity. Can be taken up to 3 times a day. Generally produces effect in 12-72 hours
- 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 tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber

TAMPER EVIDENT: DO NOT USE IF PRINTED 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 68016-649-00

COMPARE TO THE ACTIVE INGREDIENT IN METAMUCIL® CAPSULES 3 in 1 MULTIHEALTH FIBER!™*

Premier Value®

Fiber Capsules

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

160 CAPSULES

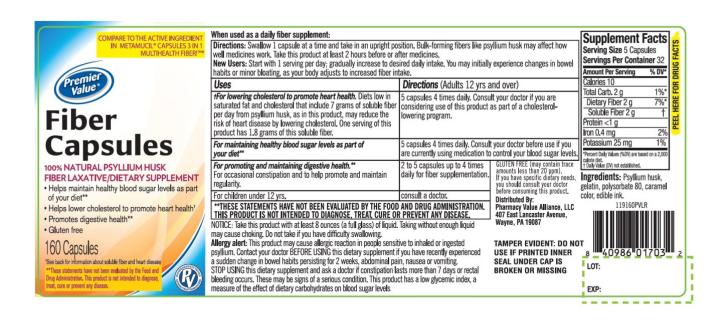
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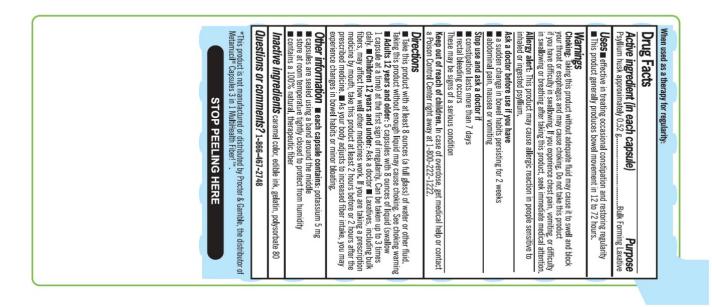
Chain Drug Consortium, LLC.

3301 N.W. Boca Raton Blvd.,

Suite 101. Boca Raton FL 33431

*This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil Capsules 3 in 1 MultiHealth Fiber! $^{\text{TM}}$ *





PREMIER VALUE FIBER

psyllium husk capsule

Product Information

Product Type HUMAN OTC DRUG Item Code (Source) NDC:68016-649

Route of Administration ORAL

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
Him Husk (LINII: 05H053407G) (Psyllium Husk - LINII:05H053407G)	Psyllium Husk	0.52 a

Inactive Ingredients		
Ingredient Name	Strength	
CARAMEL (UNII: T9D99G2B1R)		
GELATIN, UNSPECIFIED (UNII: 2G86QN327L)		
POLYSORBATE 80 (UNII: 60ZP39ZG8H)		

Product Characteristics			
Color	BROWN	Score	no score
Shape	CAPSULE	Size	21mm
Flavor		Imprint Code	FC119
Contains			

Packaging					
	#	Item Code	Package Description	Marketing Start Date	Marketing End Date
		NDC:68016-649- 00	100 in 1 BOTTLE; Type 0: Not a Combination Product	07/01/2011	

Marketing Information				
Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date	
OTC Monograph Drug	M007	07/01/2011		

Labeler - Chain Drug Consortium, LLC (101668460)

Revised: 11/2023 Chain Drug Consortium, LLC