

FIBER- psyllium husk capsule
WinCo Foods, 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.

Fiber Capsules

Active ingredient (in each capsule)

Psyllium husk approx. 0.52 g

Purpose

Bulk-forming laxative

Uses

relieves:

- occasional constipation
- helps restore regularity
- this product 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 an allergic reaction in people sensitive to inhaled or ingested psyllium

Ask a doctor before use if you have

- abdominal pain, nausea or vomiting
- difficulty in swallowing
- a sudden change in bowel habits that persists over a period of 2 weeks

Stop use and ask a doctor if

- you fail to have a bowel movement after use or have rectal bleeding. These could be signs of a serious condition.
- symptoms persist more than 1 week

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center immediately

Directions

- take this product (child or adult dose) with a full glass of water (8oz.) or other fluid. Taking this product without enough liquid may cause choking. See choking warning.
- swallow one capsule at a time
- daily maximum 3 doses
- dosage will vary according to diet, exercise, previous laxative use or severity of constipation.

adults and children 12 years and older	5 capsules, 1 to 3 times a day
children 6 to 11 years	consider use of powder form of product
children under 6 years	ask a doctor

Laxatives, including bulk fibers, 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 increased fiber intake, you may experience changes in bowel habits or minor bloating.

Other information

- store at room temperature
- protect contents from moisture.

Inactive ingredients

caramel color, gelatin, iron oxide, polysorbate 80, shellac

Fiber Supplement information

Uses: An easy way to increase your daily fiber intake. 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 provides 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.

Warnings: Read entire label, including warnings in **Drug Facts under peel-back**

Directions: Adults 12 years and older: **2-6** capsules for increasing daily fiber intake; 6 capsules for cholesterol lowering use. Take this product 8oz. of liquid (swallow 1 capsule at a time) up to 3 times daily. **NOTICE:** Take this product atleast 8 oz . (a full glass) of liquid. Taking this product without enough liquid may cause choking. Do not take if you have difficulty swallowing. See choking warning.

PDP

*Compare to the active ingredient in METAMUCIL® Capsules

Fiber Capsules

Dietary Fiber Supplement

Relieves Occasional Constipation

160 capsules

*Compare to the active ingredient in METAMUCIL® Capsules



DIETARY FIBER SUPPLEMENT
Relieves Occasional Constipation

160 Capsules



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DISTRIBUTED BY: WINCO FOODS, LLC, BOISE, ID 83704

*This product is not manufactured or distributed by PROCTER & GAMBLE INC., distributor of METAMUCIL® Capsules.

100% SATISFACTION GUARANTEE

Comments & Questions?
800-824-1706 • www.wincofoods.com

DO NOT USE IF SEAL UNDER CAP IS TORN OR MISSING.

Supplement Facts

Serving Size 6 Capsules
Servings Per Container About 26

Amount Per Serving	% DV†
Calories 10	
Total Carb. 3 g	1%
Dietary Fiber 3 g	11%
Soluble Fiber 2 g	‡
Protein <1 g	
Iron 0.4 mg	2%
Potassium 30 mg	<1%

† Percent Daily Values (DV) are based on a 2,000 calorie diet.
‡ Daily Value not established.

INGREDIENTS: PSYLLIUM HUSK, GELATIN, POLYSORBATE 80, CARAMEL COLOR, SHELLAC, IRON OXIDE.

PEEL HERE FOR DRUG FACTS



MFR# 5304 REV094
WTH40

LOT: UNVARNISHED AREA TO BE LEFT BLANK FOR LOT & EXP. INFORMATION (LINE DOES NOT PRINT)
EXP:

NOTE NEW UNVARNISHED AREA OF 1 1/4"W x 1/2"

GLUE AREA
(NO COPY)

STOP PEELING HERE

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FIBER

psyllium husk capsule

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:67091-222
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 (UNII: 2G86QN327L)	

POLYSORBATE 80 (UNII: 6OZP39ZG8H)	
SHELLAC (UNII: 46N107B71O)	
BROWN IRON OXIDE (UNII: 1N032N7MFO)	

Product Characteristics

Color	brown	Score	no score
Shape	capsule	Size	20 mm
Flavor		Imprint Code	G650
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:67091-222-16	160 in 1 BOTTLE		

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	12/12/2014	

Labeler - WinCo Foods, LLC (056098817)