# UP AND UP FIBER THERAPY- calcium polycarbophil tablet Target Corporation.

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#### up and up fiber therapy

#### Active ingredient (in each caplet)

Calcium polycarbophil 625 mg equivalent to 500 mg polycarbophil

#### Purpose

Bulk-forming laxative

#### Uses

- relieves occasional constipation to help restore and maintain 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.

# Ask your doctor before use if you have

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

# Ask your doctor or pharmacist before use if

you are taking any other drug. Take this product 2 or more hours before or after other drugs. All laxatives may affect how other drugs work.

#### When using this product

- do not use for more than 7 days unless directed by a doctor
- do not take more than 8 caplets in a 24 hour period unless directed by a doctor

# Stop use and ask a doctor

if rectal bleeding occurs or if you fail to have a bowel movement after use of this or any other laxative. These could 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

# Directions

- take each dose of 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.
- this product works naturally so continued use for one to three days is normally required to provide full benefit. Dosage may vary according to diet, exercise, previous laxative use or severity of constipation

age	recommended dose	daily maximum
adults & children 12 years of age and over	2 caplets once a day	up to 4 times a day
children under 12 years	consult a physician	

# Other information

- each caplet contains: calcium 125 mg
- do not use if printed seal under cap is torn or missing
- store at 20-25°C (68-77°F)
- protect contents from moisture

# Inactive ingredients

calcium carbonate, caramel, crospovidone, hypromellose, magnesium stearate, maltodextrin, microcrystalline cellulose, polyethylene glycol, silicon dioxide, sodium lauryl sulfate

# **Questions?**

Call 1-800-910-6874

# **Principal Display Panel**

NDC 11673-620-90

Compare to active ingredient in Fibercon® \*

# fiber therapy

calcium polycarbophil ,625 mg

bulk-forming laxative

helps relieve constipation and restore regularity

gentle enough to use every day

140 CAPLETS

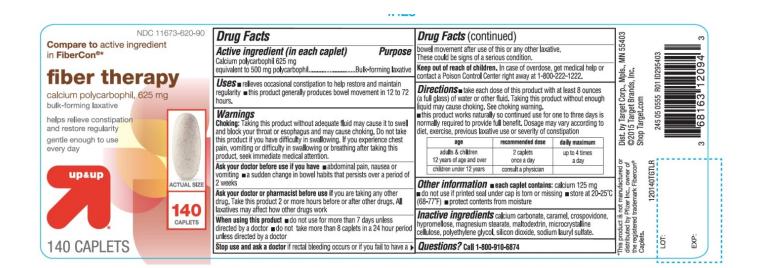
\*This product is not manufactured or distributed by Pfizer Inc., owner of the registered trademark Fibercon® Caplets.

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# **UP AND UP FIBER THERAPY**

calcium polycarbophil tablet

Product Information								
Product Type	HUMAN OTC DRUG	Item Code (Source)		NDC:11673-620				
Route of Administration	ORAL							
Active Ingradient/Active	Maiatu							
Active Ingredient/Active	Molety							
Ingr	edient Name		Basis of S	trength	Strength			
CALCIUM POLYCARBOPHIL (UNII: UNII:W25LM17A4W)	8F049NKY49) (POLYCARBO	PHIL -	CALCIUM POLYCARBOP	HIL	625 mg			
Inactive Ingredients								
	Ingredient Name			Sti	rength			
CALCIUM CARBONATE (UNII: H0G	9379FGK)							
CARAMEL (UNII: T9D99G2B1R)								

CRUSPUVIDUNE (12	<b>0 .MU.M)</b> (UNII: 68401960MK)				
	<b>08 (100 MPA.S)</b> (UNII: B1QE5P712K)				
	<b>ATE</b> (UNII: 70097M6I30)				
MALTODEXTRIN (UNI	II: 7CVR7L4A2D)				
MICROCRYSTALLINE	CELLULOSE (UNII: OP1R32D61U)				
POLYETHYLENE GLY	COL 800 (UNII: UH6KR4953D)				
SILICON DIOXIDE (UI	NII: ETJ7Z6XBU4)				
SODIUM LAURYL SU	LFATE (UNII: 368GB5141J)				
Product Charac	teristics				
Color	BROWN (light) Score			no score	
Shape	CAPSULE (caplet) Size			19mm	
Flavor	1	mprin	t Code	RP120	
Contains					
Packaging					
	Package Description		Marketing Start Date	Marketing End Date	
<pre># Item Code 1 NDC:11673-620- 1</pre>	Package Description 40 in 1 BOTTLE; Type 0: Not a Combination product	n			
<pre># Item Code 1 NDC:11673-620- 1</pre>	40 in 1 BOTTLE; Type 0: Not a Combination	n	Date		
<pre># Item Code 1 NDC:11673-620- 1</pre>	40 in 1 BOTTLE; Type 0: Not a Combination	n	Date		
#         Item Code           1         NDC:11673-620- 90         1 P	40 in 1 BOTTLE; Type 0: Not a Combination Product	n	Date		
NDC:11673-620- 1	40 in 1 BOTTLE; Type 0: Not a Combination Product	n 10	Date		

Labeler - Target Corporation. (006961700)

Revised: 11/2023

Target Corporation.