

**MEIJER FIBER LAXATIVE- psyllium husk capsule**  
**MEIJER DISTRIBUTION, INC**

*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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**Meijer Fiber Capsules Natural Psyllium Husk**

***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

**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 oz. of liquid (swallow 1 capsule at a time) at the first sign of irregularity. Can be taken up to 3 times daily. 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
- do not use if printed inner seal under cap is broken or missing

## Inactive ingredients

caramel color, edible ink, gelatin, polysorbate 80

## PRINCIPAL DISPLAY PANEL - 160 Capsules Label

meijer®

NDC **41250-610-16**

**Compare to the active ingredient in Metamucil 3 in 1 MultiHealth Fiber\***

### 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 (may contain trace amounts less than 20 ppm). If you have specific dietary needs, you should consult your doctor before consuming this product.

See back for information about soluble fiber and heart disease

160 Capsules

MEIJER PHARMACISTS RECOMMEND

MONEY BACK GUARANTEE


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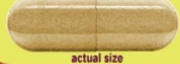
\*This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil® 3 in 1 MultiHealth Fiber.



Compare to Metamucil®  
3 in 1 MultiHealth Fiber™  
active ingredient

# fiber capsules

100% Natural Psyllium Husk  
Fiber Laxative | Dietary Supplement



actual size

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

\*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.

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

**Directions:** Swallow 1 capsule at a time and take in an upright position. Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.  
**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, as your body adjusts to increased fiber intake.

Uses	Directions (Adults 12 yrs and over)
<b>For lowering cholesterol to promote heart health.</b> 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 1.8 grams of this soluble fiber.	5 capsules 4 times daily. Consult your doctor if you are considering use of this product as part of a cholesterol-lowering program.
<b>For maintaining healthy blood sugar levels as part of your diet**</b>	5 capsules 4 times daily. Consult your doctor before use if you are currently using medication to control your blood sugar levels.
<b>For promoting and maintaining digestive health.**</b> For occasional constipation and to help promote and maintain regularity.	2 to 5 capsules up to 4 times daily for fiber supplementation.
For children under 12 yrs.	consult a doctor.

**DO NOT USE IF PRINTED INNER SEAL UNDER CAP IS BROKEN OR MISSING**


**Supplement Facts**  
Serving Size 5 Capsules  
Servings Per Container 32

Amount Per Serving	% DV*
Calories 10	
Total Carb. 2 g	1%
Dietary Fiber 2 g	7%
Soluble Fiber 2 g	†
Protein <1 g	
Iron 0.4 mg	2%
Potassium 25 mg	1%

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

**Ingredients:** Psyllium husk, gelatin, polysorbate 80, caramel color, edible ink.

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EXP:

**OUR QUALITY GUARANTEE**  
The Procter & Gamble logo

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GRAND RAPIDS, MI 49544  
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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.

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

## Drug Facts

**Active ingredient (in each capsule)** Psyllium husk approximately 0.52 g.....**Purpose** Bulk Forming Laxative

**Uses** ■ effective in treating occasional constipation and restoring 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.

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**Ask a doctor before use if you have**

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- **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 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** ■ **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

**Inactive ingredients** caramel color, edible ink, gelatin, polysorbate 80

**Questions or comments?** 1-866-467-2748

**STOP PEELING HERE**

\*This product is not manufactured or distributed by The Procter & Gamble Co., owner of the trademarks Metamucil® and 3 in 1 MultiHealth Fiber®.

MEIJER FIBER LAXATIVE

psyllium husk capsule

## Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:41250-610
<b>Route of Administration</b>	ORAL		

## Active Ingredient/Active Moiety

<b>Ingredient Name</b>	<b>Basis of Strength</b>	<b>Strength</b>
<b>Psyllium Husk</b> (UNII: 0SHO53407G) (Psyllium Husk - UNII:0SHO53407G)	Psyllium Husk	0.52 g

## Inactive Ingredients

<b>Ingredient Name</b>	<b>Strength</b>
<b>CARAMEL</b> (UNII: T9D99G2B1R)	
<b>GELATIN, UNSPECIFIED</b> (UNII: 2G86QN327L)	
<b>POLYSORBATE 80</b> (UNII: 6OZP39ZG8H)	

## Product Characteristics

<b>Color</b>	BROWN	<b>Score</b>	no score
<b>Shape</b>	CAPSULE	<b>Size</b>	21mm
<b>Flavor</b>		<b>Imprint Code</b>	RP119
<b>Contains</b>			

## Packaging

<b>#</b>	<b>Item Code</b>	<b>Package Description</b>	<b>Marketing Start Date</b>	<b>Marketing End Date</b>
1	NDC:41250-610-16	160 in 1 BOTTLE; Type 0: Not a Combination Product	03/07/2017	

## Marketing Information

<b>Marketing Category</b>	<b>Application Number or Monograph Citation</b>	<b>Marketing Start Date</b>	<b>Marketing End Date</b>
OTC monograph not final	part334	03/07/2017	

**Labeler -** MEIJER DISTRIBUTION, INC (006959555)

Revised: 1/2023

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