PUBLIX FIBER THERAPY SUGAR FREE- psyllium husk powder
PUBLIX SUPER MARKETS, INC

Publix Fiber Therapy Psyllium Husk Orange Flavor Sugar free

Drug Facts

Active ingredient: (in each TEASPOON)

Psyllium husk approximately 3.4 g

Purpose

Bulk-forming Laxative

Uses:

- for relief of occasional constipation (irregularity)
- 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 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:

Put one dose into an empty glass. Mix this product (child or adult dose) 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. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir.

Adults & Children 12 years & older:	1 rounded TEASPOON in 8 ounces of liquid at the first sign of irregularity. Can be taken up to 3 times daily.
Children 6-11 yrs :	½ adult dose in 8 ounces of liquid, up to 3 times daily
Children under 6 yrs:	Consult a doctor

Bulk forming fibers like psyllium husk 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.

New Users

Start with 1 serving per day; gradually increased to desired daily intake. You may initially experience changes in bowel habits or minor bloating, as your body adjusts to increased fiber intake.

Other information:

- each teaspoon contains: **potassium 35 mg; sodium 5 mg**
- **PHENYLKETONURICS: CONTAINS PHENYLALANINE,** 25 mg per teaspoon
- store at room temperature. Keep the container tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber

Inactive ingredients:

aspartame, citric acid, FD&C yellow 6, maltodextrin, natural and artificial orange flavor, silica.

Questions or comments?

1-866-467-2748

PRINCIPAL DISPLAY PANEL

††**Compare To the Fiber Content in Metamucil® 4 In 1 MultiHealth Fiber! ™**

Fiber Therapy

PSYLLIUM HUSK MULTI-BENEFIT

DAILY FIBER SUPPLEMENT

ORANGE SMOOTH

Naturally and artificially flavored

- Helps you **feel less hungry** between meals**
- Helps maintain **healthy blood sugar** levels as part of your diet**
- Helps **lower cholesterol** to promote heart health†
- Promotes **digestive health****
- Gluten free
- Sugar free
- Not a low-calorie food

†See back for information about soluble fiber and heart disease.

‡Serving size varies. See DIRECTIONS on back panel for more information

fill controlled by weight, not volume

****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.**

*This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil ®. 4 in 1 MultiHealth Fiber! ™.

TAMPER EVIDENT: DO NOT USE IF PRINTED INNER SEAL UNDER CAP IS BROKEN OR MISSING

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.

This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.

DISTRIBUTED BY

PUBLIX SUPER MARKETS, INC.,

3300 PUBLIX CORPORATE PARKWAY

LAKELAND, FL 33811

1-888-267-3037 publix.com

PUBLIX GUARANTEE: COMPLETE SATISFACTION OR YOUE MONEY BACK

Package Label 114 Teaspoons Doses

SUGAR FREE

fibertherapy

PSYLLIUM HUSK MULTI-BENEFIT

DAILY FIBER SUPPLEMENT

PAREVE

- Helps you feel less hungry between meals**
- Helps maintain healthy blood sugar levels as part of your diet**
- Helps lower cholesterol to promote heart health†
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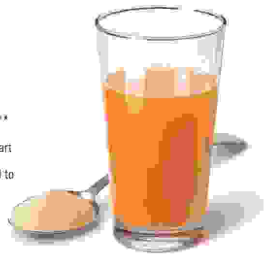

‡Serving size varies. See DIRECTIONS on back panel for more information.

¥See back for information about soluble fiber and heart disease

ORANGE SMOOTH
Natural and artificially flavored

114 TEASPOON‡ DOSES

††Compare to the Fiber Content in Metamucil® 4 in 1 MultiHealth Fiber!™

NET WT 23.3 OZ (1 LB 7.3 OZ) 660 g

fill controlled by weight, not volume.

Supplement Facts

Serving Size	2 rounded tsp (11.6g)		1 rounded tsp (5.8g)	
Servings Per Container	About 57		About 114	
Amount per Serving		%DV*		%DV*
Calories	45		20	
Total Carbohydrate	11 g	4%*	5 g	2%*
Dietary Fiber	6 g	24%*	3 g	12%*
Soluble Fiber	5 g	†	2 g	†
Total Sugars	0 g	†	0 g	†
Includes Added Sugars	0 g	0%	0 g	0%
Iron	1.4 mg	8%	0.7 mg	4%
Sodium	10 mg	<1%	5 mg	<1%
Potassium	70 mg	2%	35 mg	1%

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

Ingredients: Psyllium Husk, Maltodextrin, Citric Acid, Natural & Artificial Orange Flavor, Silica, Aspartame, FD&C Yellow No. 6.

Notice: Put 1 dose of product into an empty glass. Mix this product with at least 8 oz (a full glass) of liquid. Stir briskly and drink promptly. Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing.
Allergy alert: This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium. Contact your doctor BEFORE USING this dietary supplement if you have recently experienced a sudden change in bowel habits persisting for 2 weeks, abdominal pain, nausea or vomiting. STOP USING this dietary supplement and ask a doctor if constipation lasts more than 7 days or rectal bleeding occurs. These may be signs of a serious condition.
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.

When used as a daily fiber supplement:

Fiber Supplement Information

Uses & Directions:

For feeling less hungry between meals**
Adults & children 12 yrs. and over: Two rounded teaspoons in 8 or more ounces, of liquid with meals, up to 3 times daily.

For lowering cholesterol to promote heart health†
Adults & children 12 yrs. & over: One rounded teaspoon in 8 ounces of liquid, 3 times daily. 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 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of this product as a part of a cholesterol-lowering program.

For maintaining healthy blood sugar levels as part of your diet**
Adults & children 12 yrs. and over: One rounded teaspoon in 8 ounces of liquid, 3 times daily. Consult your doctor before use if you are currently using medication to control your blood sugar levels.

For promoting and maintaining digestive health**
Adults & children 12 yrs. and over: One rounded teaspoon in 8 ounces of liquid up to 3 times daily for fiber supplementation. For occasional constipation and to help promote and maintain regularity. ***For children under 12:*** consult a doctor.

When used as a therapy for regularity:

Drug Facts

Active ingredient (in each TEASPOON) — **Purpose**
Psyllium husk approximately 3.4 g ..... Bulk-forming Laxative

Uses ■ for relief of occasional constipation (irregularity) ■ 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
■ 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 Put one dose into an empty glass. Mix this product (child or adult dose) 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. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir.

Adults & children 12 years & older:	1 rounded TEASPOON in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily.
Children 6-11 yrs:	1/2 adult dose in 8 oz of liquid, up to 3 times daily
Children under 6 yrs:	Consult a doctor

Bulk-forming fibers like psyllium husk 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.
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.

Other information
■ each teaspoon contains: **potassium 35 mg; sodium 5 mg**
■ **PHENYLKETONURICS: CONTAINS PHENYLALANINE,** 25 mg per teaspoon
■ store at room temperature. Keep the container tightly closed to protect from humidity
■ contains a 100% natural, therapeutic fiber

Inactive ingredients aspartame, citric acid, FD&C Yellow No. 6, maltodextrin, natural and artificial orange flavor, silica.

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PUBLIX GUARANTEE:
COMPLETE SATISFACTION
OR YOUR MONEY BACK

Publix.

515114PUBLIX

0 41415 25473 2

LOT:

EXP:

Package Label 72 Teaspoons doses

PUBLIX FIBER THERAPY SUGAR FREE

psyllium husk powder

Product Information			
Product Type	HUMAN OTC DRUG	**Item Code (Source)**	NDC:41415-515
Route of Administration	ORAL		

Active Ingredient/Active Moiety		
Ingredient Name	**Basis of Strength**	**Strength**
PSYLLIUM HUSK (UNII: 0SHO53407G) (PSYLLIUM HUSK - UNII:0SHO53407G)	PSYLLIUM HUSK	3.4 g in 5.8 g

Inactive Ingredients	
Ingredient Name	**Strength**
ASPARTAME (UNII: Z0H242BBR1)	
ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)	
FD&C Yellow No. 6 (UNII: H77VEI93A8)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	

Product Characteristics			
Color	BROWN (Light Yellowish)	**Score**	
Shape		**Size**	
Flavor	ORANGE	**Imprint Code**	
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:41415-515-14	660 g in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product	05/20/2019	
2	NDC:41415-515-72	425 g in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product	05/20/2019	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	05/20/2019	

Labeler - PUBLIX SUPER MARKETS, INC (006922009)

Revised: 10/2026 PUBLIX SUPER MARKETS, INC