

**CVS HEALTH NATURAL DAILY FIBER NATURAL FIBER- psyllium husk powder**  
**CVS Pharmacy, 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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**CVS Health Natural Daily Fiber 100% Natural Psyllium Husk Orange Flavor 114**  
**TABLESPOONS**

***Drug Facts***

**Active ingredient: (in each TABLESPOON)**

Psyllium husk approximately 3.4 g

**Purpose**

Fiber therapy for regularity

**Uses:**

- for relief of occasional constipation (irregularity)

**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 12 years & older:	1 rounded TABLESPOON in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12 – 72 hours.
6 – 11 yrs :	½ adult dose in 8 oz of liquid, up to 3 times daily
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 tablespoon contains:** potassium 35 mg; sodium 5 mg
- store at room temperature tightly closed to protect from humidity
- do not use if printed inner seal is broken or missing
- contains a 100% natural, therapeutic fiber

### Inactive ingredients

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

### Questions or comments?

**1-866-467-2748**

### PRINCIPAL DISPLAY PANEL

CVS Health™

Compare to the active ingredient in Metamucil® 4 in 1 MultiHealth Fiber\*

Natural Daily Fiber

100% NATURAL PSYLLIUM HUSK

MULTI-BENEFIT DAILY FIBER SUPPLEMENT

THERAPY FOR REGULARITY

- 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

**ORANGE**

NATURALLY & ARTIFICIALLY FLAVORED

114 TABLESPOONS‡

NET WT 48.2 OZ (3 LBS) 1368 g

FILL CONTROLLED BY WEIGHT, NOT VOLUME

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

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

**\*\*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.**

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

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

4 in 1 MultiHealth Fiber\*

GLUTEN FREE

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:

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Woonsocket, RI 02895

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1-800-SHOP CVS

V-16415

CVS® Quality

Money Back Guarantee



Compare to the Fiber Content in Metamucil® Powder\*\*

Orange

# Daily Fiber

PSYLLIUM HUSK DAILY FIBER SUPPLEMENT

- Helps maintain healthy blood sugar levels as part of your diet<sup>5</sup>
- Helps lower cholesterol to promote heart health<sup>2</sup>
- Promotes digestive health<sup>3</sup>
- Gluten free



Orange  
NATURALLY & ARTIFICIALLY FLAVORED

114 TABLESPOON DOSES  
NET WT 48.2 OZ (3 LBS) 1.36 kg

FILL CONTROLLED BY WEIGHT, NOT VOLUME  
\*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.

### Supplement Facts

1 rounded Tablespoon (12 g)		About 114	
Servings Per Container	12	%DV*	
Total Carbohydrate	12 g	4%	
Dietary Fiber	3 g	11%	
Soluble Fiber	2 g	1	
Total Sugars	8 g	1	
Includes Added Sugars	2 g	10%	
Total Fat	0.7 mg	<1%	
Sodium	5 mg	<1%	
Potassium	50 mg	1%	

\*Percent Daily Values are based on a diet of other people's secrets.  
†Dose (8 oz) or equivalent.

INGREDIENTS: SUCROSE, PSYLLIUM HUSK, CITRIC ACID, NATURAL AND ARTIFICIAL ORANGE FLAVOR, SILICA, FD&C YELLOW NO. 6.

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**ALLERGY ALERT:** This product may cause allergic reactions in people sensitive to inhaled or ingested psyllium.

**NOTE:** Mix this product with at least 8 fl oz or full glass of liquid. Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing.

**IMPORTANT INFORMATION**  
• Store at room temperature. Keep container tightly closed to protect from humidity.  
• Keep out of reach of children.

\*Diet 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.

\*\*This product is not manufactured or distributed by Procter & Gamble, owner of the registered trademark Metamucil® Powder.

### HOW TO TAKE THIS PRODUCT

(For adults 17 years and older)

1. Put 1 rounded tablespoon (12 g) in empty glass.
2. Mix briskly with 8 fl oz or more of cool liquid.
3. Drink promptly. Enjoy up to 3 times per day!

The psyllium husk fiber in this product helps support:

**DIGESTIVE HEALTH<sup>3</sup>**  
by promoting regularity

**HEART HEALTH<sup>2</sup>**  
by lowering cholesterol

**MAINTENANCE OF HEALTHY BLOOD SUGAR LEVELS<sup>5</sup>**  
take before each meal

**NEW USERS:** Start with one serving per day; gradually increase to desired daily intake. You may experience changes in bowel habits or minor bloating as your body adjusts to increased fiber intake.

Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.

**BEFORE USING** this dietary supplement, ask your doctor if you:

- are considering using this product as part of a cholesterol-lowering program
- are using medication to control your blood sugar levels
- have recently experienced abdominal pain, nausea, vomiting or a sudden change in bowel habits persisting for two weeks

**STOP USING** this dietary supplement and seek a doctor if constipation lasts more than 7 days or rectal bleeding occurs. These may be signs of a serious condition. **WARNING:** Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.

For centuries, psyllium husk has been used in traditional medicine to promote health. Today, psyllium is known as one of the most effective fibers for maintaining regular digestive health<sup>3</sup>, but it does so much more. Taken daily, this product also helps maintain healthy blood sugar levels<sup>5</sup> and supports heart health by lowering cholesterol<sup>2</sup>.

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

## CVS HEALTH NATURAL DAILY FIBER NATURAL FIBER

psyllium husk powder

### Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:59779-935
Route of Administration	ORAL		

### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
PSYLLIUM HUSK (UNII: 0 SHO53407G) (PS YLLIUM HUSK - UNII:0 SHO53407G)	PSYLLIUM HUSK	3.4 g in 12 g

### Inactive Ingredients

Ingredient Name	Strength
ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)	
FD&C Yellow No. 6 (UNII: H77VEI93A8)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
SUCROSE (UNII: C151H8M554)	

### Product Characteristics

Color	BROWN	Score	
Shape		Size	
Flavor	ORANGE	Imprint Code	
Contains			

**Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:59779-935-11	1368 g in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product	08/18/2015	

**Marketing Information**

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	08/18/2015	

**Labeler** - CVS Pharmacy,Inc. (062312574)

Revised: 8/2020

CVS Pharmacy,Inc.