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.

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:

CVS Pharmacy, Inc.

One CVS Drive,

Woonsocket, RI 02895

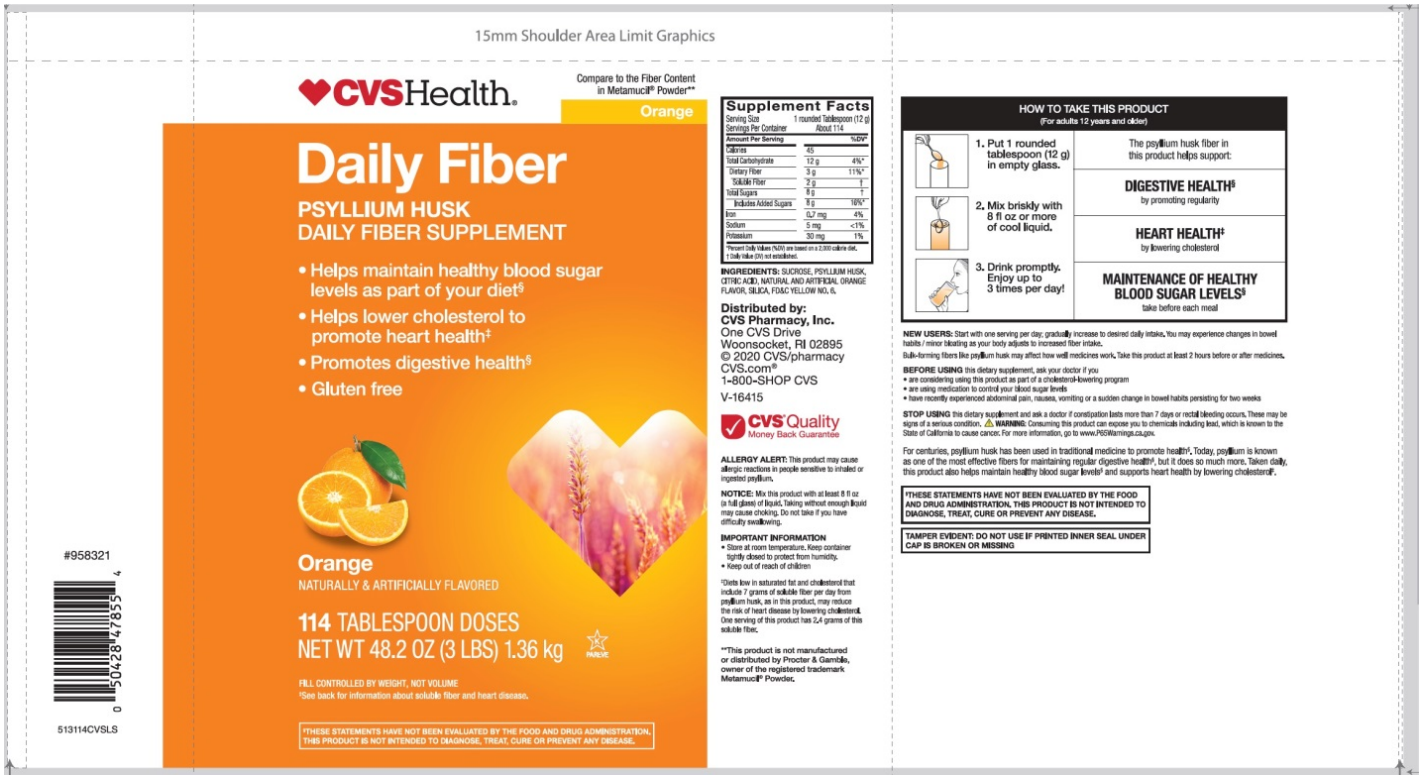
CVS.com®

1-800-SHOP CVS

V-16415

CVS® Quality

Money Back Guarantee



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: 0SHO53407G) (PSYLLIUM HUSK - UNII:0SHO53407G)	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.