

UP AND UP FIBER THERAPY NATURAL FIBER- psyllium husk powder
Target Corporation

up and up fiber therapy 100% natural psyllium husk

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 & children 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.
Children 6 - 11 yrs:	½ 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. 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?

Call 1-800-910-6874

PRINCIPAL DISPLAY PANEL

NDC 11673-668-90

Compare to active ingredient in Metamucil® MultiHealth Fiber***

fiber therapy

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****

not a low calorie food

ORANGEFLAVOR 114 DOSES‡

Naturally and Artificially Flavored

FILL CONTROLLED BY WEIGHT NOT VOLUME

114 TABLESPOON DOSES‡

NET WT 48.2 OZ (3 LB) 1368 g

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

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

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 ®.

GLUTEN FREE

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

**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.

245 05 0308 R01 ID295403

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Compare to the fiber content in Metamucil® Powder***

psyllium fiber powder

psyllium fiber supplement
4-in-1 fiber

HELPS SUPPORT:
appetite control**
heart health by lowering cholesterol†
healthy blood sugar levels**
digestive health**



FILL CONTROLLED BY WEIGHT NOT VOLUME
114 TABLESPOONS
NET WT 48.2 OZ (3 LBS) 1.36 kg

*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

Serving Size	2 rounded Tablespoons (24 g)	1 rounded Tablespoon (12 g)
Serving-Per Container	About 114	About 114
Amount Per Serving	% DV*	% DV*
Calories	50	40
Total Carbohydrate	22 g 89%	12 g 49%
Dietary Fiber	6 g 21%	3 g 11%
Soluble Fiber	5 g †	2 g †
Total Sugars	16 g †	8 g †
Includes Added Sugars	16 g 32%	8 g 16%
Iron	0.7 mg 4%	0.4 mg 2%
Sodium	10 mg <1%	5 mg <1%
Potassium	60 mg 1%	30 mg 1%

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

INGREDIENTS: Sucrose, Psyllium Husk, Citric Acid, Natural and Artificial Orange Flavor, Silica, FD&C Yellow No. 6.

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Questions? 1-800-910-6874

GLUTEN FREE

†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.



ALLERGY ALERT: This product may cause allergic reactions in people sensitive to inhaled or ingested psyllium.
NOTICE: Mix this product with at least 8 oz (a 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
NEW USERS: Start with one serving per day; gradually increase to desired daily intake. You may experience changes in bowel habits / 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 ask a doctor if constipation lasts more than 7 days or rectal bleeding occurs. These may be signs of a serious condition.

HOW TO TAKE THIS PRODUCT
(For adults 12 years and older)

HOW MUCH TO TAKE
The psyllium husk fiber in this product helps support:

DIGESTIVE HEALTH** by promoting regularity	HEART HEALTH† by lowering cholesterol	HEALTHY BLOOD SUGAR LEVELS** take before each meal	APPETITE CONTROL** take before each meal
1 ROUNDED TABLESPOON up to 3 times per day		2 ROUNDED TABLESPOONS up to 3 times per day	

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

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

513114GTLR

LOT: _____

EXP: _____

THIS IS TO DESIGNATE

UP AND UP FIBER THERAPY NATURAL FIBER

psyllium husk powder

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:11673-668
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
citric acid monohydrate (UNII: 2968PHW8QP)	
FD&C Yellow No. 6 (UNII: H77VEI93A8)	
SILICON DIOXIDE (UNII: ETJ7Z6XB4)	
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:11673-668-90	1368 g in 1 BOTTLE; Type 0: Not a Combination Product	10/26/2015	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	10/26/2015	

Labeler - Target Corporation (006961700)

Revised: 11/2023

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