



# NATURAL Fiber Therapy

100% NATURAL PSYLLIUM HUSK FIBER

†COMPARE TO the Active Ingredient of METAMUCIL®

Bulk Forming Laxative/Dietary Fiber Supplement  
**ORIGINAL TEXTURE**



SEE BACK FOR  
INFORMATION  
ABOUT SOLUBLE  
FIBER AND  
HEART DISEASE

**REGULAR FLAVOR**

**52** TEASPOON DOSES

NET WT. 13 OZ. (368 g.)

Fill controlled by weight, not volume

## LAXATIVE

### Drug Facts

**Active ingredient (in each rounded teaspoon)** Purpose  
Psyllium Husk, approximately 3.4 g ..... Bulk-forming 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 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.

### 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 & over	1 rounded TEASPOON 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 to under 11 years	1/2 adult dose in 8 oz. liquid, up to 3 times daily.
children under 6 years	consult 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. **New Users:** Start with 1 dose per day; gradually increase to 3 doses per day as necessary.

**Other information** ■ each teaspoon contains: potassium 30 mg, sodium 5 mg ■ Store below 30°C (86°F). Protect contents from humidity. Keep tightly closed.

**Inactive ingredient** sucrose

**Questions?** Serious Adverse Effects Call: (800) 616-2471

## DIETARY FIBER SUPPLEMENT

**Uses** 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 adult dose of this product has 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of this product as part of a cholesterol-lowering program.

**Warnings** Read entire label, including warnings in Drug Facts.

**Directions** Adults 12 yrs. & older: 1 rounded TEASPOON in 8 oz of liquid 3 times daily. Under 12 yrs.: Ask a doctor. See mixing directions in Drug Facts. 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. See Choking Warning.

### Supplement Facts

Serving Size 1 rounded teaspoon (7 g)

Servings per container 52

Amount per serving	% DV**
<b>Calories 25</b>	
Total Carbohydrates	7 g 2%
Dietary Fiber	3 g 12%
Soluble Fiber	2 g *
Sugars	3 g *
Iron	0.4 mg 2%
Sodium	5 mg <1%
Potassium	30 mg <1%

\*\*\* Daily Value (DV) is based on a 2,000 calorie diet.  
\*\*Daily Values (DV) not established.

INGREDIENTS: Sucrose, Psyllium Husk

†This product is not manufactured or distributed by Procter & Gamble, owner of the registered trademark METAMUCIL®.

Distributed by:

**Major Pharmaceuticals**  
31778 Enterprise Drive  
Livonia, MI 48150, USA



Lot # & Exp. Date:

Re-Order No. 013233  
M-29 Rev 05/11

NOTE  
SEPARATE  
USES

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