

**CVS HEALTH- natural fiber supplement 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 Fiber Supplement 100% Natural Psyllium Fiber Supplement**  
**75 Teaspoon Doses**

**Active Ingredient (in each dose)**

Psyllium Hydrophilic Mucilloid 6 grams

**Purpose**

Bulk-Forming Laxative

**Use**

For relief of occasional constipation and to induce regularity. Generally produces bowel movements within 12-72 hours.

**Warnings**

**Allergy alert:** As with any natural grain product, inhaled or ingested psyllium powder may cause an allergic reaction in people sensitive to psyllium.

**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.

**Do not use**

- when abdominal pain, nausea or vomiting are present unless directed by a doctor.
- If constipation lasts more than seven days
- If you have difficulty swallowing

**Ask a doctor before use if you have**

- notices a sudden change in bowel habits that persists over a period of two weeks

**Stop use and ask a doctor if**

- you experience rectal bleeding or you fail to have a bowel movement as 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**

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 fluid may cause choking. See choking warnings.

Adults and children 12 years and older	One teaspoon 1 to 3 times daily
Children 6 years to under 12 years of age	½ teaspoon 1 to 3 times daily
Children under 6 years of age	Consult a doctor

### **Other Information**

- **each 6.0 gram dose contains:** Potassium 50 mg
- Laxatives, including bulk fibers, may affect how other medicines work, wait 1-2 hours before or after taking other medicines.
- tamper-evident bottle mouth sealed for your protection
- store at room temperature
- keep container tightly closed-protect from excessive moisture
- can be taken 1 to 3 times daily, before or after meals, mornings or evening

### **Inactive Ingredients**

water

### **Principal Display Panel**

CVS Health™

\*Compare to active ingredients in Konsyl Original Formula®

NDC# 69842-524-75

Natural Fiber Supplement

100% Natural Psyllium Fiber

Fiber Supplement

Helps lower cholesterol to promote heart health

### **Helps Support**

- Diabetes management

- Digestive health
- Healthy weight

6g

FIBER

Healthy Heart Formula

75 TEASPOON DOSES

NET WT 450 g (15.9 OZ)

(FILL CONTROLLED BY WEIGHT, NOT VOULUME)

Do not discard powder into any plumbing systems.

†These statement have not been evaluated by the Food and Drug Administration. To diagnose, treat cure or prevent any disease.

\*This product is not manufactured or distributed by Konsyl Pharmaceuticals, the manufactured of Konsyl®

**CVS® Quality**

Money Back Guarantee

**Distributed by: CVS Pharmacy, Inc.**

One CVS Drive, Woonsocket, RI 02895

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Compare to the fiber content in Konsyl®\*\*

# Natural Fiber Supplement

100% NATURAL PSYLLIUM FIBER  
Bulk forming laxative

- Helps support healthy weight†
- Helps lower cholesterol to promote heart health‡
- Helps support healthy blood sugar levels that are already in the normal range‡
- No added sweeteners
- Non-GMO
- Gluten free

**6g**  
PSYLLIUM  
FIBER

PER SERVING  
Healthy Heart  
Formula

75 TEASPOON DOSES  
NET WT 15.9 OZ (450 g)

(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.



## Supplement Facts

Serving Size 1 teaspoon (6g)	
Servings Per Container 75	
Amount per serving	% Daily Value*
Total Carbohydrate 5g	2%*
Dietary Fiber 5g	18%*
Soluble Fiber 3g	†
Iron 1mg	6%

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

**Ingredient:** Organic psyllium husk

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V-16415



**Dosage: Adults and children 12 years and over:** One teaspoon 1 to 3 times daily.  
**Children 6 to under 12 years of age:** 1/2 teaspoon 1 to 3 times daily. Follow with additional fluid to aid product action, before or after meals, mornings or evenings.  
**Children under 6 years of age:** consult a doctor.

**Notice:** This product should be taken with at least a full glass of liquid. 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:** Inhaled or ingested psyllium powder may cause an allergic reaction in people sensitive to psyllium.

‡For lowering cholesterol to promote heart health. 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 3 grams of this soluble fiber.

## Drug Facts

**Active ingredient (in each teaspoon)** Psyllium Hydrophilic Mucilloid 6g.....  
**Purpose** Bulk forming laxative

**Use** For relief of occasional constipation and aid in regularity. This product generally produces bowel movements within 12-72 hours.

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### Other information

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- store at room temperature
- keep container tightly closed-protect from excessive moisture
- can be taken before or after meals, mornings or evenings

**Questions or comments?** 1-866-467-2748

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

\*\*This product is not manufactured or distributed by Konsyl Pharmaceuticals, the manufacturer of Konsyl®.

#689581

52475CVSLR



LOT:

EXP:

## CVS HEALTH

natural fiber supplement powder

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:69842-524
<b>Route of Administration</b>	ORAL		

### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
PSYLLIUM HUSK (UNII: 0SHO53407G) (PSYLLIUM HUSK - UNII:0SHO53407G)	PSYLLIUM HUSK	6 g in 6.0 g

### Inactive Ingredients

Ingredient Name	Strength
WATER (UNII: 059QF0KO0R)	

**Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:69842-524-75	450 g in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product	05/15/2019	

**Marketing Information**

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	05/15/2019	

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

Revised: 9/2023

CVS Pharmacy,Inc.