

CVS HEALTH- natural fiber supplement powder
CVS Pharmacy, Inc.

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 VOLUME)

Do not discard powder into any plumbing systems.

†These statements 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 manufacturer of Konsyl[®]

CVS[®] Quality

Money Back Guarantee

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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)

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Supplement Facts

Serving Size 1 teaspoon (6g)	
Servings Per Container 75	
Amount per serving	% Daily Value*
Calories 20	
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.....Bulk forming laxative **Purpose**

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- if constipation lasts more than seven days
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Ask a doctor before use if you have ■ noticed a sudden change in bowel habits that persists over a period of 2 weeks

Stop use and ask a doctor if

- you experience rectal bleeding or 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 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.

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Other information

- each 6g dose contains: Potassium 50 mg
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- tamper-evident bottle mouth sealed for your protection
- 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

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:69842-524
Route of Administration	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 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 Drug	M007	05/15/2019	

Labeler - CVS Pharmacy,Inc. (062312574)

Revised: 12/2025

CVS Pharmacy,Inc.