

UNFLAVORED ORGANIC NATURAL FIBER- psyllium husk powder
Raritan Pharmaceuticals Inc

Supplement Facts

Serving Size	1 rounded teaspoon (7g)	
Servings per Container	About 85	
Amount Per Serving		%DV*
Calories	25	
Total Carbohydrate	7 g	3%
Dietary Fiber	3g	11%
Soluble Fiber	2g	†
Total Sugars	4g	†

Includes Added Sugars 4g 8%

Iron	0.4mg	2%
Sodium	5mg	<1%
Potassium	30 mg	1%

*Percent Daily Values (%DV) are based on a 2000 calorie diet,

† Daily Value (DV) not established

Purpose

Bulk-forming laxative

Use

For relief of occasional constipation (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.

Safety Warning

TAMPER-EVIDENT: DO NOT USE IF PRINTED SEAL UNDER CAP IS TORN OR MISSING

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.

Adults 12 Years and older: 1 rounded TEASPOON into an 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 under 12 years: Consult a doctor before use.

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 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 increase to desired daily intake. You may initially experience changes in bowel habits or minor bloating as your body adjusts to increased fiber intake.

Keep Out of Reach of Children

Other information

- **each teaspoon contains:** potassium 35 mg; sodium 5 mg
- store at room temperature tightly closed to protect from humidity
- do not use if printed seal under cap is torn or missing
- contains a 100% natural, therapeutic fiber

‡Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from fiber such as NuSyllium may reduce the risk of heart disease by lowering cholesterol.

***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.**

ALLERGY ALERT: This product may cause an allergic reaction in people sensitive to inhaled or ingested psyllium.

Questions or comments?

1-866-467-2748

Inactive ingredients

Organic Brown Cane Sugar, Organic Vegetable Glycerin.

Principal Display Panel

NDC **68163-570-85**

NuSyllium

Unflavored Organic Natural Fiber

100% Organic Certified Psyllium

Perfect Grind For Easy Mixing™

USDA ORGANIC

NO ARTIFICIAL INGREDIENTS

100% Natural Fiber Supplement

Fiber Laxative for Regularity

Made with 100% Organic Brown Cane Sugar

Folks are taking about the Benefits of NuSyllium Ultra Organic Natural Fiber!

- **You can use NuSyllium to feel less hungry between meals.**
- **Maintain healthy blood sugar levels by using NuSyllium Ultra as part of your sugar free diet*. Talk to your doctor before use if you are taking medication to control your blood sugar levels.**
- **Organic NuSyllium is a great choice for promoting and maintain digestive health. You can use NuSyllium Ultra for occasional constipation and to help promote and maintain regularity.**
- **Did you know that one dose of NuSyllium Ultra contains 2 gm. of soluble fiber? You can use it for lowering cholesterol and promoting heart health*.**
- **Talk to your doctor who will have good advice for you to use NuSyllium Ultra as part of your cholesterol -lowering program.**

No Artificial Flavors, Peanut-free

No Artificial Colors, Tree Nut-free

GMO-free, Preservative-free

Gluten-free, Zero Trans Fat

Diary-free, No animal testing

NET WT 21 OZ (595 g) 85 DOSES

Fill controlled by weight, not volume

Contains**Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:68163-570-85	595 g in 1 CANISTER; Type 0: Not a Combination Product	03/20/2019	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	03/20/2019	

Labeler - Raritan Pharmaceuticals Inc (127602287)

Revised: 1/2025

Raritan Pharmaceuticals Inc