

**PSYLLIUM- psyllium husk capsule**  
**TARGET CORPORATION**

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**Psyllium Husk Capsules**

**Drug Facts**

**Supplements Facts**

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Serving Size 5 Capsules	
Servings per container 40 (For 200 count) 80 (For 400 count)	
Amount per serving	% DV*
Calories 5	
Total Carb 2 g	<1%*
Dietary Fiber 2 g	7%*
Soluble Fiber 2 g	††
Protein less than 1 g	
Iron 0.4 mg	2%
Potassium 25 mg	1%

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\*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

††Daily Value (DV) not established.

**Active ingredient (in each capsule)**

Psyllium husk approximately 0.52 g

**Purpose**

Bulk Forming Laxative

**Warnings**

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

**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.

Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines

## IMPORTANT INFORMATION

To open bottle, push down and turn

Store in a cool and dry place at temperature below 25°C. Keep container tightly closed to protect from humidity.

Keep out of reach of children

## Directions

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**For adults 12 years and older**

### HELPS SUPPORT:

<b>DIGESTIVE HEALTH**</b> by promoting regularity	2 to 5 capsules up to 4 times per day	Swallow 1 capsule at a time and take in an upright position
<b>HEART HEALTH††</b> By lowering cholesterol	5 capsules up to 4 times per day	
<b>HEALTHY BLOOD SUGAR LEVELS**</b> take before each meal	5 capsules 4 times per day	

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††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 1.8 grams of this soluble fiber.

\*\* 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.

**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.

**NOTICE:** Take 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

## Other information

- each capsule contains: **potassium 5 mg**
- capsules are sealed using a band around the middle
- store at room temperature. Keep the container tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber
- tamper evident: do not use if printed inner seal under cap is broken or missing

**Ingredients** Psyllium husk, gelatin

**Questions or comments?** Call **1-800-910-6874**

effective in treating occasional constipation and restoring regularity  
 This product generally produces bowel movement in 12 to 72 hours.  
 Keep out of reach of children

Compare to the fiber content in Metamucil® Capsules††

## Psyllium Fiber Capsules

Fiber Supplement

Helps support:

- heart health† by lowering cholesterol
- healthy blood sugar levels\*\*
- digestive health\*\*



**Actual Size**  
160 Capsules

160 CAPSULES

Supplement Facts

Serving Size 5 Capsules  
Servings per container 32

Amount per serving	% DV*
Calories 5	
Total Carb 2 g	<1%*
Dietary Fiber 2 g	7%*
Soluble Fiber 2 g	†
Protein less than 1 g	
Iron 0.4 mg	2%
Potassium 25 mg	1%

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet.  
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INGREDIENTS: PSYLLIUM HUSK, GELATIN

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Minneapolis, MN 55403  
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Guest Services 1-800-910-6874

THIS PRODUCT IS NOT MANUFACTURED OR DISTRIBUTED BY PROCTER & GAMBLE, THE DISTRIBUTOR OF METAMUCIL® CAPSULES  
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Questions or comments?  
Call 1-800-910-6874

For adults 12 years and older  
Helps Support:

Digestive Health** by promoting regularity	Heart Health† by lowering cholesterol	Healthy Blood Sugar Levels** take before each meal
2 to 5 capsules up to 4 times per day	5 capsules up to 4 times per day	5 capsules 4 times per day

Swallow 1 capsule at a time and take in an upright position

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.  
 NOTICE: TAKE 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.

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NDC 11673-896-66

<sup>†</sup>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 1.8 GRAMS OF THIS SOLUBLE FIBER.

PEEL HERE

LOT: Varnish/Print  
EXP: Omit Area

STOP PEELING HERE

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PSYLLIUM			
psyllium husk capsule			
Product Information			
<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:11673-896
<b>Route of Administration</b>	ORAL		
Active Ingredient/Active Moiety			
<b>Ingredient Name</b>	<b>Basis of Strength</b>	<b>Strength</b>	
PSYLLIUM HUSK (UNII: 0SHO53407G) (PSYLLIUM HUSK - UNII:0SHO53407G)	PSYLLIUM HUSK	0.52 g	

## Inactive Ingredients

Ingredient Name	Strength
GELATIN, UNSPECIFIED (UNII: 2G86QN327L)	

## Product Characteristics

Color	white (Clear Body with clear cap filled with pale buff to brown granular powder)	Score	no score
Shape	CAPSULE	Size	21mm
Flavor		Imprint Code	TCL145
Contains			

## Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:11673-896-66	160 in 1 BOTTLE; Type 0: Not a Combination Product	06/15/2024	

## Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	06/15/2024	

**Labeler** - TARGET CORPORATION (006961700)

**Registrant** - TIME CAP LABS INC (037052099)

## Establishment

Name	Address	ID/FEI	Business Operations
TIME CAP LABS INC		037052099	manufacture(11673-896)

Revised: 6/2024

TARGET CORPORATION