PSYLLIUM FIBER POWDER- psyllium husk powder TARGET CORPORATION

Target Psyllium Husk Powder Sugar Free

Supplement Facts

Serving Size Servings Per Container	2 rounded tsp (24 g) About 57		1 rounded tsp (12 g) About 114	
Amount per Serving	About 51	% DV *		% DV *
Calories	77	, ,	39	
Total Cabonate	23 g	8%*	12 g	4%*
Dietary Fiber	6 g	21%*	3 g	11%*
Soluble Fiber	5 g	†	3 g	†
Total Sugars	16 g	†	8 g	†
Includes Added Sugars	16 g	32%*	8 g	16%*
Iron	0.7 mg	4%	0.4 mg	4%
Sodium	10 mg	<1%	5 mg	<1%
Potassium	66 mg	2%	33 mg	1%

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

†Daily Value (DV) not established.

INGREDIENTS: colloidal silicon dioxide, citric acid monohydrate, FD&C yellow no. 6, orange flavor, psyllium husk, sucrose

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.

IMPORTANT INFORMATION:

- Store below 86°F (30° C). Keep container tightly closed to protect from humidity.
- Keep out of reach of children

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

BEFORE USINGthis 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.

If you have specific dietary needs, you should consult your doctor before consuming this product. This product has a low glycemic index a measure of the effect of dietary carbohydrates on blood sugar levels.

HOW TO TAKE THIS PRODUCT

(For adults 12 years and older)

- 1. Put 1-2 rounded tablespoons in empty glass.
- 2. Mix briskly with 8 oz or more of cool liquid.
- 3. Drink promptly and enjoy!

HOW MUCH TO TAKE

The psyllium husk fiber in this product helps support:

DIGESTIVE HEALTH**by promoting regularity

HEART HEALTH††by lowering cholesterol

HEALTHY BLOOD SUGAR LEVELS** take before each meal

1 ROUNDED TABLESPOON up to 3 times per day

OR

APPETITE CONTROL**take before each meal

2 ROUNDED TABLESPOONS up to 3 times per day

** 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.

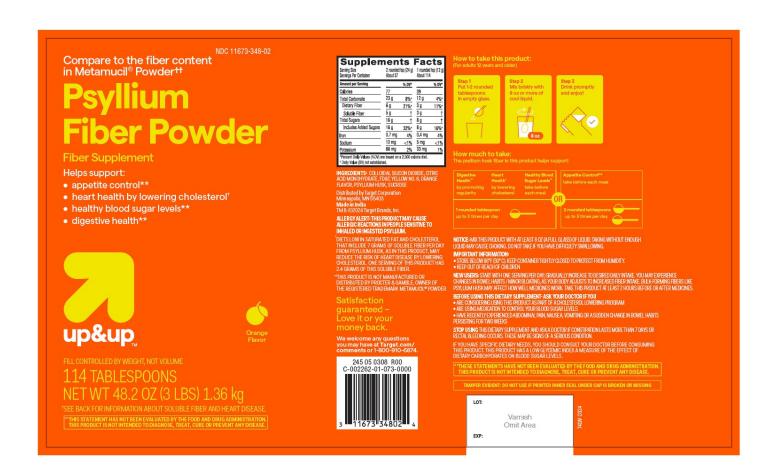
†Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in this product, may reduce the risk of heart disease by lowering cholesterol. One serving of this product has 2.4 grams of this soluble fiber.

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

Fiber Laxative

Keep out of reach of children.

for relief of occasional constipation (irregularity). This product generally produces bowel movement in 12 to 72 hours.



PSYLLIUM FIBER POWDER

psyllium husk powder

Product Information Product Type HUMAN OTC DRUG Item Code (Source) NDC:11673-348 Route of Administration ORAL

Active Ingredient/Active Moiety Ingredient Name Basis of Strength PSYLLIUM HUSK (UNII: 0SH053407G) (PSYLLIUM HUSK - UNII:0SH053407G) PSYLLIUM HUSK 3.4 g in 12 g

Inactive Ingredients				
Ingredient Name	Strength			
SUCROSE (UNII: C151H8M554)				
CITRIC ACID MONOHYDRATE (UNII: 2968PHW8QP)				
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)				
FD&C YELLOW NO. 6 (UNII: H77VEI93A8)				

Product Characteristics			
Color	white (White to light brown)	Score	
Shape		Size	

	ORANGE	Imprint Code			
Contains					
Packaging					
# Item Code	Package Description	Marketing Start Date	Marketing End Date		
	360 g in 1 BOTTLE; Type 0: Not a Combination	06/15/2024			
02 P	Toduct				
02 P	roduct				
Marketing Ir	nformation	Maukatina Chaut	Mankakina Fud		
Marketing Ir Marketing Category		Marketing Start Date	Marketing End Date		

Labeler - TARGET CORPORATION (006961700)

Registrant - TIME CAP LABORATORIES, INC. (037052099)

Establishment					
Name	Address	ID/FEI	Business Operations		
MARKSANS PHARMA LIMITED		677604129	manufacture(11673-348)		

Revised: 6/2024 TARGET CORPORATION