

**PSYLLIUM FIBER POWDER- psyllium husk powder**  
**TARGET CORPORATION**

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**Target Psyllium Husk Powder Sugar Free**

**Supplement Facts**

	2 rounded tsp (24 g)		1 rounded tsp (12 g)	
Serving Size	2 rounded tsp (24 g)		1 rounded tsp (12 g)	
Servings Per Container	About 57		About 114	
<b>Amount per Serving</b>		<b>% DV*</b>		<b>% DV*</b>
Calories	77		39	
Total Carbonate	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 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.

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.

NDC 11673-348-02

Compare to the fiber content in Metamucil® Powder††

# Psyllium Fiber Powder

Fiber Supplement

Helps support:

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



FILL CONTROLLED BY WEIGHT, NOT VOLUME

**114 TABLESPOONS**  
NET WT 48.2 OZ (3 LBS) 1.36 kg

\*SEE BACK FOR INFORMATION ABOUT SOLUBLE FIBER AND HEART DISEASE.

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		% DV*		% DV*
Calories	77		39	
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Dietary Fiber	6 g	21%	3 g	11%
Soluble Fiber	5 g	1	3 g	1
Total Sugars	16 g	1	8 g	1
Includes Added Sugars	16 g	32%	8 g	16%
Iron	0.7 mg	<1%	0.4 mg	<1%
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 Values (DV) not established.

**INGREDIENTS:** COLLOIDAL SILICON DIOXIDE, CITRIC ACID MONOHYDRATE, FD&C YELLOW NO. 6, ORANGE FLAVOR, PSYLLIUM HUSK, SUCROSE  
Distributed by Target Corporation  
Minneapolis, MN 55405  
Made in India  
TM & ©2024 Target Brands, Inc.

**ALLERGY ALERT-THIS PRODUCT MAY CAUSE ALLERGIC REACTIONS IN PEOPLE SENSITIVE TO INHALED OR INGESTED PSYLLIUM.**

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.

\*THIS PRODUCT IS NOT MANUFACTURED OR DISTRIBUTED BY PROCTER & GAMBLE, OWNER OF THE REGISTERED TRADEMARK METAMUCIL® POWDER

Satisfaction guaranteed – Love it or your money back.

We welcome any questions you may have at [Target.com/](https://www.target.com/) comments or 1-800-910-0874.



### How to take this product:

(For adults 12 years and older)

**Step 1**  
Put 1/2 rounded tablespoons in empty glass.

**Step 2**  
Mix briskly with 8 oz or more of cool liquid.

**Step 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	Appetite Control* take before each meal
OR			
1 rounded tablespoon up to 3 times per day		2 rounded tablespoons up to 3 times per day	

**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 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.**

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.

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

LOT: Varnish Omit Area  
EXP:

7/20/2024

## PSYLLIUM FIBER POWDER

psyllium husk powder

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:11673-348
<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	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

<b>Color</b>	white (White to light brown)	<b>Score</b>	
<b>Shape</b>		<b>Size</b>	

<b>Flavor</b>	ORANGE	<b>Imprint Code</b>	
<b>Contains</b>			

**Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:11673-348-02	1360 g 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 LABORATORIES, INC. (037052099)

**Establishment**

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

Revised: 6/2024

TARGET CORPORATION