

KROGER NATURAL FIBER ORANGE FLAVOR- psyllium husk powder
KROGER COMPANY

Disclaimer: Most OTC drugs are not reviewed and approved by FDA, however they may be marketed if they comply with applicable regulations and policies. FDA has not evaluated whether this product complies.

Kroger Smooth Texture Natural Fiber 72 tablespoon Doses

Drug Facts

Active ingredient: (in each TABLESPOON)

Psyllium husk 3.4 g

Purpose

Fiber Laxative

Uses:

- effective in treating occasional constipation and restoring irregularity

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 allergic reaction in people sensitive to inhaled or ingested psyllium.

Ask a doctor before use if you have

- a sudden change in bowel habits persisting for 2 weeks
- abdominal pain, nausea or vomiting

Stop use and ask a doctor if

- constipation lasts more than 7 days
- rectal bleeding occurs

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:

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 and stir.

Adults 12 years & older:	1 rounded TABLESPOON in 8 ounces of liquid at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours.
6-11 yrs :	½ adult dose in 8 ounces of liquid, up to 3 times daily
under 6 yrs:	Consult a doctor

Laxative, including bulk fibers 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 2 hours 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 dose per day; gradually increased to 3 doses per day as necessary.

Other information:

- **each tablespoon contains:** potassium 30 mg; sodium 5 mg
- store at room temperature. Keep the container tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber

Inactive ingredients:

citric acid, FD&C Yellow No. 6, natural and artificial orange flavor, silica, sucrose.

Questions or comments?

1-800-632-6900

PRINCIPAL DISPLAY PANEL

Kroger®

QUALITY GUARANTEED

NDC 30142-512-72

COMPARE TO ACTIVE INGREDIENT OF Metamucil® MultiHealth Fiber*.

***See Back Panel**

Smooth Texture

Natural Fiber

Orange Flavor

100% Natural Psyllium Husk

Fiber Laxative/Fiber Supplement

Naturally and Artificially Flavored

Helps Lower Cholesterol

See back for information about soluble fiber and heart disease.

72 TABLESPOON DOSES‡

NET WT 30.4 OZ (1 LB 14.4 OZ) 861 g

Fill controlled by weight, not volume

Our Pharmacists Recommend

K PAREVE

QUALITY GUARANTEED (if you are not completely satisfied with this product, return it for a refund or replacement.

Comments or Questions?

800-632-6900 www.kroger.com

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

*Metamucil is a registered trademark of Procter & Gamble, Cincinnati, OH 45202. Procter & Gamble is not affiliated with The Kroger Co. or this product.

DISTRIBUTED BY THE KROGER CO.,

CINCINNATI, OHIO 45202

MADE IN U.S.A.

Kroger
QUALITY GUARANTEED

COMPARE TO ACTIVE INGREDIENT OF Metamucil® MultiHealth Fiber.
*See Back Panel

NDC 30142-512-72

Smooth Texture
Natural Fiber

ORANGE FLAVOR

100% Natural Psyllium Fiber

Fiber Laxative/Fiber Supplement • Naturally & Artificially Flavored

Helps Lower Cholesterol

See back for information about soluble fiber and heart disease ▶

Our Pharmacists Recommend

72
Tablespoon Doses

NET WT 30.4 OZ (1 LB 14.4 OZ) 861g
Fill controlled by weight, not volume

Fiber Supplement Information

Uses: 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 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of this product as a part of a cholesterol-lowering program.

Warnings: Read entire label, including warnings in **Drug Facts**.

Directions: Adults 12 yrs. & older: 1 rounded TABLESPOON in 8 oz. of liquid 3 times daily. Under 12 yrs.: Consult a doctor. See mixing directions in **Drug Facts**.
NOTICE: 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. Do not take if you have difficulty swallowing.

Supplement Facts

Serving Size: 1 rounded Tbsp (12g)
Servings Per Container: 72

Amount per Serving	%DV*
Calories 45	
Total Carb. 12g	4%*
Dietary fiber 3g	12%*
Soluble fiber 2g	†
Sugars 9g	†
Iron 0.8 mg	4%
Sodium 5 mg	<1%
Potassium 30 mg	<1%

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

Ingredients: Sucrose, Psyllium Husk, Citric Acid, Natural & Artificial Orange Flavor, Silica, FD&C Yellow 6.

DISTRIBUTED BY THE KROGER CO.,
CINCINNATI, OHIO 45202
MADE IN U.S.A.

QUALITY GUARANTEED
If you are not completely satisfied with this product, return it for a refund or replacement.
Comments or Questions?
800-632-6900
www.kroger.com

DO NOT USE IF PRINTED INNER SEAL IS BROKEN OR MISSING.

Drug Facts

Active ingredient: (in each TABLESPOON)	Purpose
Psyllium husk 3.4 g	Fiber laxative

Uses: effective in treating occasional constipation and restoring 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 allergic reaction in people sensitive to inhaled or ingested psyllium.
Ask a doctor before use if you have
■ a sudden change in bowel habits persisting for 2 weeks ■ abdominal pain, nausea or vomiting
Stop use and ask a doctor if
■ constipation lasts more than 7 days
■ rectal bleeding occurs
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.

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 and stir.

Adults 12 years & older:	1 rounded TABLESPOON in 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.
6-11 yrs:	1/2 adult dose in 8 oz. of liquid, up to 3 times daily
Under 6 yrs:	Consult a doctor

Laxatives, including bulk fibers, 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 2 hours after the prescription medicine. As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating. **New Users:** Start with 1 dose per day; gradually increase to 3 doses per day as necessary.

Other information:
■ each tablespoon contains: potassium 30 mg; sodium 5 mg
■ store at room temperature tightly closed to protect from humidity
■ contains a 100% natural, therapeutic fiber

Inactive ingredients
citric acid, FD&C yellow 6, natural & artificial orange flavor, silica, sucrose.

*Metamucil® is a registered trademark of Procter & Gamble, Cincinnati, OH 45202. Procter & Gamble is not affiliated with The Kroger Co. or this product.



51372KROLR

LOT: SPOT UV

EXP:

KROGER NATURAL FIBER ORANGE FLAVOR

psyllium husk powder

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:30 142-512	
Route of Administration	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		
	ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)			
	FD&C Yellow No. 6 (UNII: H77VEI93A8)			
	SILICON DIOXIDE (UNII: ETJ7Z6XBU4)			
	SUCROSE (UNII: C151H8M554)			
Product Characteristics				
Color	BROWN (Light Yellowish)	Score		
Shape		Size		
Flavor	ORANGE (natural and artificial)	Imprint Code		
Contains				
Packaging				
#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:30 142-512-72	861 g in 1 BOTTLE; Type 0: Not a Combination Product	05/16/2019	
Marketing Information				
Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date	
OTC monograph not final	part334	05/16/2019		

Labeler - KROGER COMPANY (006999528)

Revised: 10/2020

KROGER COMPANY