

**QUALITY CHOICE- psyllium husk powder, for suspension**  
**QUALITY CHOICE (CHAIN DRUG MARKETING ASSOCIATION)**

*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.*

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**Quality Choice Natural Fiber Powder**

**Active ingredient (in each TEASPOON)**

Psyllium husk approximately 3.4 g

**Purpose**

Fiber therapy for regularity

**Uses**

- for relief of occasional constipation (irregularity)

**Warnings**

**Allergy alert:** This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium.

**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.

**Ask a doctor before use if you have**

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

**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 thickness, add more liquid and stir.

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<b>Adults 12 years &amp; older:</b>	1 rounded TEASPOON in 8 oz of liquid at the signs of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours.
<b>6-11 yrs:</b>	½ adult dose in 8 oz of liquid, up to 3 times daily
<b>Under 6 yrs:</b>	Consult a doctor

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 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 increase to 3 doses per day as necessary

### Other information

- **each teaspoon contains:** potassium 30 mg and sodium 5 mg
- Store at room temperature tightly closed to protect from humidity
- Do not use if printed inner seal is broken or missing
- Contains a 100% natural, therapeutic fiber

### Inactive ingredients

silica, sucrose.

### Questions or comments?

1-866-467-2748

### Fiber Supplement Information

#### Uses:

- Daily fiber supplement. Each serving adds 3 grams of fiber to your diet.
- For lowering cholesterol to promote heart health. 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 adults dose of this products 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 years and older:** put 1 rounded **TEASPOON** in to an empty glass and mix with 8 oz of liquid up to 3 times daily for daily fiber supplement; 3 times daily to help maintain healthy blood sugar levels† and for cholesterol lowering to promote heart health.

**under 12 years:** Consult a doctor.

See mixing directions in **Drug Facts**.

**NOTICE:** Mix this product with at least 8 ounces (a full glass) of liquid. Taking this product without enough liquid may cause choking. Do not take if you have difficulty swallowing. **See choking warning.**

This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels†.

## Principal Display Panel

QUALITY CHOICE®

NDC# 63868-347-17

Compare to the active ingredient in Metamucil® MultiHealth Fiber\*

Natural Fiber Powder

100% Natural Psyllium Husk

Daily Fiber Supplement | Therapy for Regularity

Helps Lower Cholesterol to Promote Heart Health\*\*

Promotes Digestive Health†

Helps Maintain Healthy Blood Sugar Levels as Part of Your Diet\*\*\*†

Gluten Free

Unflavored Original Coarse

\*\*See fiber supplement information about soluble fiber and heart disease and maintaining healthy blood sugar levels.

48 teaspoon doses

K PAREVE

Net Wt. 13 oz (368g)

fill controlled by weight, not volume

100% QC SATISFACTION GUARANTEED

†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.

\*This product is not manufactured or distributed by Procter & Gamble, the distributor, the distributor of Metamucil®.

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Novi, MI 48376-0995

[www.qualitychoice.com](http://www.qualitychoice.com)

Questions: 248-449-9300



NDC 63868-347-17

Compare to the active ingredient in Metamucil® MultiHealth Fiber®

Natural

# Fiber Powder

Daily Fiber Supplement

100% Natural Psyllium Husk Therapy for Regularity

Helps Lower Cholesterol To Promote Heart Health\*\* Promotes Digestive Health† | Helps Maintain Healthy Blood Sugar Levels As Part Of Your Diet\*\*\* | Gluten Free

Unflavored Original Coarse

\*\*See fiber supplement information about soluble fiber and heart disease and maintaining healthy blood sugar levels.



48 teaspoon doses

Net Wt 13 oz (368g) fill controlled by weight, not volume

When used as a daily fiber supplement:

### Fiber Supplement Information

**Uses:** • Daily fiber supplement. Each serving adds 3 grams of fiber to your diet. • For lowering cholesterol to promote heart health. 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. • For maintaining healthy blood sugar levels†. Consult your doctor before use if you are currently using medication to control your blood sugar levels.

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

**Directions:** Adults 12 yrs. & older: Put 1 rounded TEASPOON into an empty glass and mix with 8 oz of liquid up to 3 times daily for daily fiber supplement; 3 times daily to help maintain healthy blood sugar levels† and for cholesterol lowering to promote heart health. Under 12 yrs.: Consult a doctor. See mixing directions in Drug Facts.

**NOTICE:** Mix this product with at least 8 oz (a full glass) of liquid. Taking this product without enough liquid may cause choking. Do not take if you have difficulty swallowing. This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.†

### Supplement Facts

Serving Size: 1 rounded tsp (7g) Servings Per Container: 48

Amount per Serving	%DV*
Calories 25	
Total Carb. 7g	2%*
Dietary fiber 3g	12%*
Soluble fiber 2g	†
Sugars 3g	†
Iron 0.4mg	2%
Sodium 5mg	<1%
Potassium 30mg	<1%

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

Ingredients: Sucrose, Psyllium Husk, Silica.

When used as a therapy for regularity:

### Drug Facts

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**Uses:** ■ for relief of occasional constipation (irregularity)

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■ 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.

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**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 TEASPOON 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

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 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 increase to 3 doses per day as necessary.

### Other information:

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

\*This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil®

**Inactive ingredients:** silica, sucrose.

**Questions or comments? 1-866-467-2748**



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www.qualitychoice.com  
Questions: 313-446-9300



51148QCLR 6

35515 94675 0

LOT:

EXP:

## QUALITY CHOICE

psyllium husk powder, for suspension

### Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:63868-347
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 5.8 g

### Inactive Ingredients

Ingredient Name	Strength
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
SUCROSE (UNII: C151H8M554)	

### Product Characteristics

Color	BROWN	Score	
Shape		Size	
Flavor	ORANGE	Imprint Code	

**Contains****Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:63868-347-17	368 g in 1 CANISTER; Type 0: Not a Combination Product	04/17/2019	

**Marketing Information**

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	04/17/2019	

**Labeler** - QUALITY CHOICE (CHAIN DRUG MARKETING ASSOCIATION) (011920774)

Revised: 5/2019

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