PSYLLIUM HUSK FIBER SUPPLEMENT- psyllium husk capsule TIME CAP LABS INC

Psyllium Husk Capsules

Drug Facts

Supplements Facts

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%

^{*}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

For adults 12 years

and older

HELPS SUPPORT:

DIGESTIVE HEALTH** 2 to 5 capsules up to 4 Swallow 1 capsule at a time and take

by promoting regularity times per day in an upright position

HEART HEALTH†† 5 capsules up to 4 times

By lowering cholestrol per day

HEALTHY BLOOD
SUGAR LEVELS**

5 capsules 4 times per

take before each meal

day

††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 EVAULATED 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

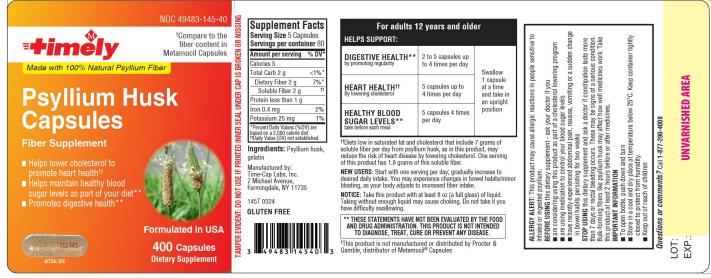
- each capsule contains: potassium 5 mg
- · capsules are sealed using a band around the middle
- store at room temperature. Keep the container tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber
- tamper evident: do not use if printed inner seal under cap is broken or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

Ingredients Psyllium husk, gelatin

Questions or comments? Call 1-877-290-4008

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







Supplement Facts Serving Size 5 Capsules Servings per container 40

Amount per serving Calories 5

Total Carb 2 g

For adults 12 years and older HELPS SUPPORT:			
DIGESTIVE HEALTH** by promoting regularity	2 to 5 capsules up to 4 times per day	Swallow	
HEART HEALTH ^{††} By lowering cholesterol	5 capsules up to 4 times per day	1 capsule at a time and take in an upright	
HEALTHY BLOOD SUGAR LEVELS** take before each meal	5 capsules 4 times per day	position	

¹¹Diets low in saturated fat and cholesterol that include 7 grams of robles tow in saturated hat and cholesterol that include? grains 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.

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¹This product is not manufactured or distributed by Procter & Gamble, distributor of Metamucil® Capsules

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Questions or comments? Call **1-877-290-400**8

JNVARNISHED AREA

PSYLLIUM HUSK FIBER SUPPLEMENT

psyllium husk capsule

Product Information Product Type HUMAN OTC DRUG Item Code (Source) NDC:49483-145 **Route of Administration** ORAL

Active Ingredient/Active Moiety Ingredient Name Basis of Strength Strength PSYLLIUM HUSK (UNII: 0SHO53407G) (PSYLLIUM HUSK - UNII:0SHO53407G) **PSYLLIUM HUSK** 0.52 g

Inactive Ingredients

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			

Ingredient Name

Strength

P	Packaging				
#	# Item Code Package Description		Marketing Start Date	Marketing End Date	
1	NDC:49483-145- 20	200 in 1 BOTTLE; Type 0: Not a Combination Product	04/05/2024		
2	NDC:49483-145- 40	400 in 1 BOTTLE; Type 0: Not a Combination Product	04/05/2024		

Marketing Information			
Marketing Category	• • • • • • • • • • • • • • • • • • • •		Marketing End Date
OTC Monograph Drug	M007	04/05/2024	

Labeler - TIME CAP LABS INC (037052099)

GELATIN, UNSPECIFIED (UNII: 2G86QN327L)

Registrant - TIME CAP LABS INC (037052099)

Establishment				
Name	Address	ID/FEI	Business Operations	
TIME CAP LABS INC		037052099	manufacture(49483-145)	

Revised: 4/2024 TIME CAP LABS INC