

**DR. FIBRA- psyllium husk powder**  
**Pharmadel LLC**

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**Dr. Fiber (V)**

**Drug Facts**

**Active ingredient and Purpose**

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**Active ingredient (in each packet)**

Psyllium seed husk 3.4 g.....

**Purpose**

Bulk-forming laxative

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**Uses**

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

**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 reactions in people, sensitive to inhaled or ingested psyllium.

**Do not use**

- if allergic to any ingredient in this product

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

- abdominal pain, nausea or vomiting
- noticed a sudden change in bowel habits that persists over a period of 2 weeks
- a sodium restricted diet

**Ask a doctor or pharmacist before use if you**

are taking any other drug. Laxatives may affect how other drugs work.

**When using this product**

- take this product 2 hours before or after other drugs

**Stop use and ask a doctor if**

- constipation lasts more than 7 days
- rectal bleeding occurs

- you fail to have a bowel movement after use of a laxative. These may be signs of a serious condition.

**If pregnant or breast-feeding,**

ask a health professional before use.

**Keep out of reach of children.**

In case of overdose, get medical help or contact a Poison Control Center right away.

**Directions**

- 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.**

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adults and children 12 years of age and older	1 packet up to 3 times a day
children 6 to under 12 years of age	1/2 packet up to 3 times a day
children under 6 years of age	consult a doctor

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**First time users:** Start with the 1 packet per day, gradually increase to 3 times a day, as necessary. As your body adjust to increased fiber intake, you may experience changes in bowel habits and/or minor bloating.

**Other information**

- each packet contains: **potassium 36 mg; sodium 178 mg**
- store below 86°F (30°C)

**Inactive ingredients**

anhydrous citric acid, FD&C yellow #6, flavors, povidone k-30, sodium bicarbonate, sucralose

**Questions?**

+1-866-359-3478 (M-F) 9 AM - 5 PM EST or [www.pharmadel.com](http://www.pharmadel.com)

**Dist. by:**

**Pharmadel LLC.**

New Castle, DE 19720

**Principal Display Panel**

Instrucciones en español  
dentro de la caja.

NDC 55758-418-10



# Psyllium Fiber Powder Supplement

## Helps Support/ Apoya:

- 🌾 Appetite Control\*  
Control del Apetito\*
- 🌾 Heart Health by Lowering Cholesterol\*✓  
Salud del Corazón al Reducir el Colesterol\*✓
- 🌾 Healthy Blood Sugar Levels\*  
Niveles Saludables de Azúcar en la Sangre\*
- 🌾 Digestive Health\*  
Salud Digestiva \*

A green circular badge with a white border and a leaf-like shape on the right side. Inside the circle, the text '4 in 1' is written in a large, bold, white font, and 'FIBER' is written in a smaller, bold, white font below it.

**4 in 1  
FIBER**

**Natural Orange Flavor / Sabor Naranja Natural**

**10** Packets  
Sobres

(0.18 oz (5g) POWDER PACKET/ SOBRE DE POLVO)  
TOTAL WEIGHT/ PESO 1.8 oz (50g)

### DR. FIBRA

psyllium husk powder

#### Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:55758-418
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

**Inactive Ingredients**

Ingredient Name	Strength
ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)	
SODIUM BICARBONATE (UNII: 8MDF5V39QO)	
FD&C YELLOW NO. 6 (UNII: H77VEI93A8)	
POVIDONE K30 (UNII: U725QWY32X)	
SUCRALOSE (UNII: 96K6UQ3ZD4)	

**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:55758-418-10	10 in 1 BOX	06/30/2024	
1		1 in 1 PACKET; Type 0: Not a Combination Product		

**Marketing Information**

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	06/30/2024	

**Labeler** - Pharmadel LLC (030129680)

Revised: 7/2024

Pharmadel LLC