# ORIGINAL TEXTURE ORANGE FLAVOR - psyllium husk powder, for suspension HEALTH MART

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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#### **Health Mart Fiber Powder**

# Active ingredient (per each rounded tables poon=11 g)

Psyllium husk 3.4 g

# **Purpose**

Bulk-forming laxative

#### Uses

effective in treating occasional constipation and restoring regularity

# **Warnings**

**Allergy alert:** May cause allergic reaction in people sensitive to ingested or inhaled 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

## 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

- do not exceed the maximum recommended daily dosage in a 24-hour period
- you may experience changes in bowel habits or minor bloating as your body adjusts to increased fiber intake
- constipation lasts more than 7 days
- rectal bleeding occurs

These could 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**

• take at the first sign of irregularity up to 3 times a day

- put one dose into an empty glass
- fill glass with 8oz of water or favorite beverage
- stir briskly and drink promptly
- if mixture thickens add more water and stir
- take 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.
- if you are taking a prescription medicine by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine.

**New Users:** Start with 1 dose per day; gradually increase to 3 doses per day as necessary

adults and children 12 years and over	1 rounded tablespoon	
6 to under 12 years	1/2 tablespoon	
under 6 years	ask a doctor	

#### Other information

- each tablespoon contains: potassium 30 mg and sodium 5 mg
- store at (20°-25°C) 68°-77°F

# **Inactive ingredients**

citric acid, FD and C yellow 6, natural and artificial flavor, silicon dioxide, sucrose

#### DO NOT USE IF PRINTED SEAL UNDER CAP IS MISSING OR BROKEN

## **Fiber Supplement information**

**Uses** Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium seed husk, may reduce the risk of heart disease by lowering cholesterol levels. One ADULT serving provides 2.4 grams of soluble fiber. Consult a doctor if you are considering use of the products as part of a cholesterol-lowering program.

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

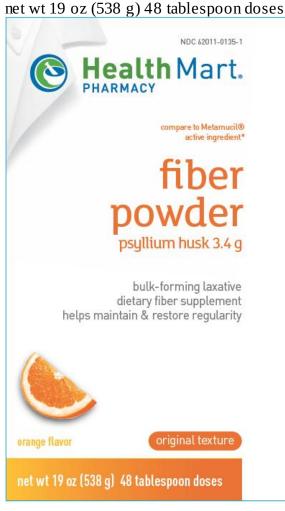
**Directions** Adults 12 years and older: 1 rounded TABLESPOON (tbsp) in 8 oz of liquid 3 times daily.

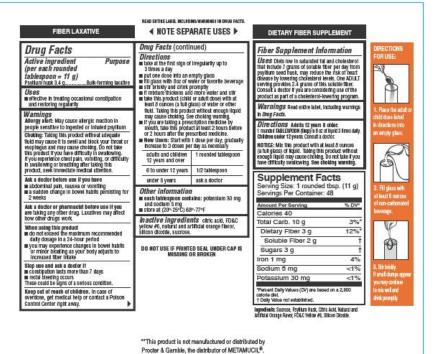
Children under 12 years: Consult a doctor.

**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 havbe difficulty swallowing. **See choking warning.** 

#### **PDP**

Health Mart Pharmacy compare to Metamucil<sup>®</sup> active ingredient fiber powder psyllium husk 3.4 g bulk-forming laxative
dietary fiber supplement
helps maintain and restore regularity
orange flavor original texture





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# M⊆KESSON

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psyllium husk powder, for suspension

# Product Information Product Type HUMAN OTC DRUG Item Code (Source) NDC:62011-0135 Route of Administration ORAL

Fill controlled by weight, not volume.

Active Ingredient/Active Moiety				
Ingredient Name	Basis of Strength	Strength		
PSYLLIUM HUSK (UNII: 0 SHO53407G) (PSYLLIUM HUSK - UNII:0 SHO53407G)	PSYLLIUM HUSK	3.4 g in 11 g		

Inactive Ingredients	
Ingredient Name	Strength

SILICON DIO XIDE (UNII: ETJ7Z6 XBU4)	
SUCROSE (UNII: C151H8M554)	
ANHYDRO US CITRIC ACID (UNII: XF417D3PSL)	
FD&C YELLOW NO. 6 (UNII: H77VEI93A8)	

Product Characteristics			
Color	bro wn	Score	
Shape		Size	
Flavor		Imprint Code	
Contains			

Packaging					
# Item Code	Package Description	Marketing Start Date	Marketing End Date		
1 NDC:62011-0135-1	538 g in 1 CANISTER				

Marketing Information					
Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date		
OTC monograph not final	part334	04/21/2012			

# Labeler - HEALTH MART (177667227)

Revised: 8/2012 HEALTH MART