

LEADER FIBER- psyllium husk capsule
Cardinal Health

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.

Leader 100 Fiber Capsules

Drug Facts

Active ingredient (in each capsule)

Psyllium husk approx. 0.52 g

Purpose

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

Ask a doctor or pharmacist before use if you are taking any other drug. Take this product two or more hours before or after other drugs. Laxatives may affect how other drugs work.

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

- take at the first sign of irregularity
- 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.
- **adults and children 12 years of age and over:** take 5 capsules with at least 8 oz. of liquid. Swallow capsules one at a time. May repeat dose up to 3 times a day.
- **children 12 years and under:** ask a doctor

Other information

- do not use if printed inner seal is torn or missing
- store at room temperature tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber
- **each capsule contains** potassium 5 mg

Inactive ingredients

blue 1, caramel color, gelatin, polysorbate 80, shellac, sodium lauryl sulfate, titanium dioxide.

Distributed By: Cardinal Health
Dublin OH 43017

PRINCIPAL DISPLAY PANEL - 100 Capsules Label

NDC 37205-372-78

Leader Fiber Capsules

100% Natural Psyllium Fiber Laxative

Relieves Constipation/

Restores regularity

100 CAPSULES

NDC 37205-372-78

LEADER®

Compares to
Metamucil Capsules*
active ingredient**

Fiber Capsules

100% Natural Psyllium Fiber Laxative
Dietary Fiber Supplement

Relieves Constipation,
Restores Regularity
Daily Source of Fiber



100 CAPSULES



Drug Facts
Active ingredient (in each capsule) Psyllium husk approx. 0.52g.
Purpose 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
Ask a doctor or pharmacist before use if you are taking any other drug. Take this product two or more hours before or after other drugs. 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 our body adjusts to increased fiber intake
Stop use and ask a doctor if ■ constipation last 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 ■ Take at the first sign of irregularity ■ 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. ■ adults and children 12 years of age and over: take 5 capsules with at least 8 oz. of liquid (full glass) of water or other fluid. Swallow capsules one at a time. May repeat dose up to 3 times a day. ■ children 12 years and under: ask a doctor
Distributed By: Cardinal Health Dublin, Ohio 43007 www.myleader.com CIN 3510983 *This product is not manufactured or distributed by Procter & Gamble, the distributor of METAMUCIL® Capsules



LOT: 0 96295 1 1222 1
EXP:

PEEL HERE FOR ADDITIONAL DRUG FACTS & SUPPLEMENT FACTS
119100LDRLR

STOP PEELING HERE

Supplement Facts

Serving Size: 6 Capsules	
Servings Per Container: 16	
Amount per Serving	% DV*
Calories 10	
Total Carb. 3 g	1%
Dietary Fiber 3 g	11%
Soluble fiber 2 g	†
Protein less than 1 gram	2%
Iron 0.4 mg	<1%
Potassium 30 mg	

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

All Leader® Brand products are 100% satisfaction guaranteed or return to place of purchase for a full refund

Drug Facts (continued)

Other information ■ do not use if printed inner seal is torn or missing ■ store at room temperature tightly closed to protect from humidity ■ contains a 100% natural therapeutic fiber ■ each capsule contains potassium 5mg sodium lauryl sulfate, titanium dioxide

Inactive ingredients Blue 1, caramel color, gelatin, poly-sorbate 80, stearic, sodium lauryl sulfate, titanium dioxide

Fiber Supplement Information

Uses This product provides a convenient way to increase your daily fiber intake. 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 provides 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of this product as part of a cholesterol-lowering program.

Warnings
Read entire label, including **Drug Facts Warnings** section.

Directions Adults 12 yrs. & older: **2-6 capsules** for increasing daily fiber intake; **6 capsules** for cholesterol lowering use. Take this product with 8oz. of liquid (swallow 1 capsule at a time) up to 3 times daily. **NOTICE:** Take this product with at least 8 oz. (a full glass) of liquid. Taking this product without enough liquid may cause choking. See **Drug Facts Warnings** section. Do not take this product if you have difficulty swallowing.

INGREDIENTS: Psyllium husk, gelatin, sodium lauryl sulfate, poly-sorbate 80, titanium dioxide, stearic, caramel color, blue 1.

Leader Fiber Capsules

LEADER FIBER			
psyllium husk capsule			
Product Information			
Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:37205-372
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

Ingredient Name	Strength
FD&C BLUE NO. 1 (UNII: H3R47K3TBD)	
CARAMEL (UNII: T9D99G2B1R)	
GELATIN, UNSPECIFIED (UNII: 2G86QN327L)	
POLYSORBATE 80 (UNII: 6OZP39ZG8H)	
SHELLAC (UNII: 46N107B71O)	
SODIUM LAURYL SULFATE (UNII: 368GB5141J)	
TITANIUM DIOXIDE (UNII: 15FIX9V2JP)	

Product Characteristics

Color	BROWN	Score	no score
Shape	CAPSULE	Size	21mm
Flavor		Imprint Code	FC119
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:37205-372-78	100 in 1 BOTTLE; Type 0: Not a Combination Product	08/16/2019	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	08/16/2019	

Labeler - Cardinal Health (097537435)

Revised: 2/2021

Cardinal Health