

FIBER LAXATIVE- psyllium husk capsule
Raritan Pharmaceuticals Inc

DRx Choice Fiber Capsules Natural Psyllium Husk

Drug Facts

Active ingredient (in each capsule)

Psyllium husk approximately 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

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

- Take this product 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 12 years and older:** 5 capsules with at least 8 ounces of liquid (swallow 1 capsule at a time) at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours
- **children 12 years and under:** Ask a doctor
- Laxatives, including bulk fibers, may affect how well other medicines work. If you are taking a prescription medication 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.

Other information

- each capsule contains: **potassium 5 mg**
- store at room temperature. Keep tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.

Inactive ingredients

caramel color, edible ink, gelatin, polysorbate 80

PRINCIPAL DISPLAY PANEL - 25 Capsules Label

NDC **68163-119-25**

Compare to the active ingredient in Metamucil® Capsules 3 in 1 MultiHealth Fiber!™*

100% Natural Psyllium Husk

Fiber Capsules

Fiber Laxative/Dietary Supplement

- Helps maintain healthy blood sugar levels as part of your diet**
- Helps lower cholesterol to promote heart health†
- Promotes digestive health**
- Gluten free (may contain trace amounts less than 20 ppm). If you have specific dietary needs, you should consult your doctor before consuming this product.

†See back for information about soluble fiber and heart disease

25 Capsules

Mfg. by: Raritan Pharmaceuticals

8 Joanna Court

East Brunswick, NJ 08816

*This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil® Capsules 3 in1 MultiHealth Fiber!™.

¹Compare to the Fiber Content in Metamucil® Capsules

Dr. Choice®

psyllium fiber capsules

Psyllium Fiber Supplement
3-in-1 Fiber

Multiple Health Benefits
Gluten-Free

25 capsules

Supplement Facts

Serving Size 5 Capsules
Servings Per Container 5

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 diet of 2,000 calories per day.
† Daily Value (DV) not established.

Ingredients: Psyllium husk, gelatin, polysorbate 80, caramel color, edible ink.

Manufactured by: Raritan Pharmaceuticals, 8 Joanne Court, East Brunswick, NJ 08816

For adults 12 years and older

HELPS SUPPORT:

DIGESTIVE HEALTH** <small>by promoting regularity</small>	2 to 5 capsules up to 4 times per day	Swallow 1 capsule at a time and take in an upright position.
HEART HEALTH† <small>by lowering cholesterol</small>	5 capsules up to 4 times per day	
HEALTHY BLOOD SUGAR LEVELS** <small>take before each meal</small>	5 capsules 4 times per 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.

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.

LOT: 11925DCLR

UNVARNISHED AREA

EXP:

PEEL HERE

CAPSULES ARE SEALED USING A BAND AROUND THE MIDDLE.

Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.

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.

IMPORTANT INFORMATION

- To open bottle, push down and turn
- Store at room temperature. Keep container tightly closed to protect from humidity.
- Keep out of reach of children

*This product is not manufactured or distributed by Procter & Gamble, owner of the registered trademark Metamucil® Capsules.

Questions? 1-866-467-2748

STOP PEELING HERE

FIBER LAXATIVE			
psyllium husk capsule			
Product Information			
Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:68163-119
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		
CAMEL (UNII: T9D99G2B1R)			

GELATIN, UNSPECIFIED (UNII: 2G86QN327L)

POLYSORBATE 80 (UNII: 6OZP39ZG8H)

Product Characteristics

Color	brown	Score	no score
Shape	CAPSULE	Size	21mm
Flavor		Imprint Code	RP119
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:68163-119-25	25 in 1 BOTTLE; Type 0: Not a Combination Product	04/16/2019	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	04/16/2019	

Labeler - Raritan Pharmaceuticals Inc (127602287)

Revised: 9/2025

Raritan Pharmaceuticals Inc