

**QUALITY CHOICE FIBER LAXATIVE- psyllium husk capsule  
QUALITY CHOICE (CHAIN DRUG MARKETING ASSOCIATION)**

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**Quality Choice Fiber Capsules 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 oz. 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**
- 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
- do not use if printed inner seal under cap is broken or missing

## Inactive ingredients

caramel color, edible ink, gelatin, polysorbate 80

## Questions or comments?

1-866-467-2748

## PRINCIPAL DISPLAY PANEL - 160 Capsules Label

Quality Choice ®

NDC **63868-348-01**

**Compare to Metamucil® Capsules ‡**

### Fiber Capsules

Psyllium Husk

Fiber Laxative/Dietary Supplement

Helps lower cholesterol to promote heart health†

Promotes digestive health\*\*

Helps maintain healthy blood sugar levels as part of your diet\* †

See fiber supplement information about soluble fiber and heart disease and maintaining healthy blood sugar levels.

**160 Capsules**

Distributed by: C.D.M.A. Inc.,

43157 W 9 Mile Rd

Novi, MI 48375

www.qualitychoice.com

Questions: 248-449-9300

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



NDC 63868-348-01

Compare to Metamucil® Capsules†

# Fiber Capsules

## Psyllium Fiber

Fiber Laxative/Dietary Supplement

Helps lower cholesterol to promote heart health\*  
Promotes digestive health\*  
Helps maintain healthy blood sugar levels as part of your diet\*\*

\*See fiber supplement information about soluble fiber and heart disease, and maintaining healthy blood sugar levels.



**160** Capsules

**When used as a daily fiber supplement:**

**Directions:** Swallow 1 capsule at a time and take in an upright position. Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.

**New Users:** Start with 1 serving per day; gradually increase to desired daily intake. You may initially experience changes in bowel habits or minor bloating, as your body adjusts to increased fiber intake.

Uses	Directions (Adults 12 yrs and over)
<b>For lowering cholesterol to promote heart health.</b> 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.	5 capsules 4 times daily. Consult your doctor if you are considering use of this product as part of cholesterol-lowering program.
<b>For maintaining healthy blood sugar levels as part of your diet**</b>	5 capsules 4 times daily. Consult your doctor before use if you are currently using medication to control your blood sugar levels.
<b>For promoting and maintaining digestive health.**</b> For occasional constipation and to help promote and maintain regularity.	2 to 5 capsules up to 4 times daily for fiber supplementation. For children under 12, consult a doctor.
For children under 12	consult a doctor.

**\*\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

**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.

**Allergy alert:** This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium. Contact your doctor BEFORE USING this dietary supplement if you have recently experienced a sudden change in bowel habits persisting for 2 weeks; abdominal pain, nausea or vomiting. 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.

This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels

PEEL HERE FOR DRUG FACTS

Supplement Facts	
Serving Size 5 Capsules	
Servings Per Container 32	
Amount Per Serving	% DV*
Calories 10	
Total Carb. 2 g	1%*
Dietary Fiber 2 g	12%*
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.

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



191600CLR

LOT:

EXP:

**STOP PEELING HERE**

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**Uses** effective in treating occasional constipation and restoring regularity

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**Questions or comments? 1-866-467-2748**

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**QUALITY CHOICE FIBER LAXATIVE**  
psyllium husk capsule

**Product Information**

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:63868-348
<b>Route of Administration</b>	ORAL		

**Active Ingredient/Active Moiety**

<b>Ingredient Name</b>	<b>Basis of Strength</b>	<b>Strength</b>
<b>PSYLLIUM HUSK</b> (UNII: 0SHO53407G) (PSYLLIUM HUSK - UNII:0SHO53407G)	PSYLLIUM HUSK	0.52 g

**Inactive Ingredients**

<b>Ingredient Name</b>	<b>Strength</b>
<b>CARAMEL</b> (UNII: T9D99G2B1R)	
<b>GELATIN, UNSPECIFIED</b> (UNII: 2G86QN327L)	
<b>POLYSORBATE 80</b> (UNII: 6OZP39ZG8H)	

**Product Characteristics**

<b>Color</b>	brown	<b>Score</b>	no score
<b>Shape</b>	CAPSULE	<b>Size</b>	21mm
<b>Flavor</b>		<b>Imprint Code</b>	RP119
<b>Contains</b>			

**Packaging**

<b>#</b>	<b>Item Code</b>	<b>Package Description</b>	<b>Marketing Start Date</b>	<b>Marketing End Date</b>
1	NDC:63868-348-01	160 in 1 BOTTLE; Type 0: Not a Combination Product	04/18/2019	

**Marketing Information**

<b>Marketing Category</b>	<b>Application Number or Monograph Citation</b>	<b>Marketing Start Date</b>	<b>Marketing End Date</b>
OTC Monograph Drug	M007	04/18/2019	

**Labeler** - QUALITY CHOICE (CHAIN DRUG MARKETING ASSOCIATION) (011920774)

Revised: 12/2025

QUALITY CHOICE (CHAIN DRUG MARKETING ASSOCIATION)