

**FIBER LAX- calcium polycarbophil tablet, film coated**  
**Rugby Laboratories**

*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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**0339-Rugby**

***Drug Facts***

**Active ingredient (in each captab)**

Calcium polycarbophil 625 mg

**Purpose**

Bulk-Forming Laxative

(equivalent to polycarbophil 500 mg)

**Uses**

- relieves occasional constipation
- 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.

**Do not use**

longer than one week

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

- abdominal pain, nausea, or vomiting
- noticed a sudden change in bowel habits that lasts over two weeks

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

taking any other drug. Take Fiber-Lax two or more hours before or after other drugs. Laxatives may affect how other drugs work.

**Stop use and ask a doctor if**

- you have rectal bleeding
- you fail to have a bowel movement after using this product.

These may indicate 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 Fiber-Lax 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.

- do not take more than 4 doses in 24 hours
- **adults & children 12 years and over:** 2 captabs 1 to 4 times a day
- **children under 12 years:** ask a doctor

**Other information**

- **each captab contains:** calcium 140 mg
- store below 30°C (86°F) • do not refrigerate • protect from humidity

**Inactive ingredients**

Caramel, crospovidone, hypromellose, magnesium silicate, magnesium stearate, microcrystalline cellulose, mineral oil, polyethylene glycol, silica, sodium lauryl sulfate and stearic acid

*Questions or comments?*

**Call 1-800-645-2158**

**TAMPER EVIDENT: DO NOT USE IF BLISTER SEAL IS BROKEN OR DAMAGED**

\*Rugby Laboratories, Inc. is not affiliated with the owner of the trademark FiberCon®.

Distributed by: **Rugby Laboratories**

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Livonia, MI 48152

[www. Rugbylaboratories.com](http://www.Rugbylaboratories.com)

☐This Package for Households without young children

Rugby

NDC 0536-4306-05

Safe and Effective Relief of Occasional Constipation

Fiber-Lax

Bulk-Forming Laxative

Promotes Regularity

Non-habit Forming

500 Captabs

Compare to Active ingredient in FIBERCON\*



**THIS PACKAGE FOR HOUSEHOLDS WITHOUT YOUNG CHILDREN**

NDC 0536-4306-05

Safe and Effective Relief of Occasional Constipation

# Fiber-Lax

**BULK-FORMING LAXATIVE**

- Promotes Regularity
- Non-Habit Forming

**500 CAPTABS**

COMPARE TO ACTIVE INGREDIENT IN FIBERCON®

TAMPER EVIDENT: DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING

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1-800-645-2159

Lot: \_\_\_\_\_

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Re-order No. 370174 7539-12-16

Distributed by: Rugby Laboratories  
17774 N. Woodmark Drive, Suite 233  
Woodmark, VA 22192  
www.rugbylaboratories.com

\*Rugby Laboratories is not affiliated with the owner of the trademark, FiberCon®.

FIBER LAX			
calcium polycarbophil tablet, film coated			
<b>Product Information</b>			
Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:0536-4306
Route of Administration	ORAL		
<b>Active Ingredient/Active Moiety</b>			
	<b>Ingredient Name</b>	<b>Basis of Strength</b>	<b>Strength</b>
	CALCIUM POLYCARBOPHIL (UNII: 8F049NKY49) (POLYCARBOPHIL - UNII:W25LM17A4W)	CALCIUM POLYCARBOPHIL	625 mg
<b>Inactive Ingredients</b>			
	<b>Ingredient Name</b>		<b>Strength</b>
	CARAMEL (UNII: T9D99G2B1R)		
	CROSPVIDONE, UNSPECIFIED (UNII: 2S7830E561)		
	HYPROMELLOSES (UNII: 3NXW29V3WO)		
	TALC (UNII: 7SEV7J4R1U)		
	MAGNESIUM STEARATE (UNII: 70097M6I30)		
	CELLULOSE, MICROCRYSTALLINE (UNII: OP1R32D61U)		
	LIGHT MINERAL OIL (UNII: N6K5787QVP)		
	POLYETHYLENE GLYCOL 400 (UNII: B697894SGQ)		
	SILICON DIOXIDE (UNII: ETJ7Z6XBU4)		

SODIUM LAURYL SULFATE (UNII: 368GB5141J)

STEARIC ACID (UNII: 4ELV7Z65AP)

### Product Characteristics

<b>Color</b>	white (Off-white)	<b>Score</b>	2 pieces
<b>Shape</b>	OVAL	<b>Size</b>	19mm
<b>Flavor</b>		<b>Imprint Code</b>	CPC;339
<b>Contains</b>			

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:0536-4306-08	2 in 1 CARTON	09/01/2010	
1		30 in 1 BLISTER PACK; Type 0: Not a Combination Product		
2	NDC:0536-4306-11	90 in 1 BOTTLE; Type 0: Not a Combination Product	09/01/2010	
3	NDC:0536-4306-05	500 in 1 BOTTLE; Type 0: Not a Combination Product	09/01/2010	

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	09/01/2010	

**Labeler** - Rugby Laboratories (079246066)

Revised: 5/2020

Rugby Laboratories