

RITE AID NATURAL FIBER ORANGE FLAVOR- psyllium husk powder
RITE AID CORPORATION

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.

Rite Aid 100% Natural Psyllium Husk Orange Flavor 114 TABLESPOONS

Drug Facts

Active ingredient: (in each TABLESPOON)

Psyllium husk approximately 3.4 g

Purpose

Fiber therapy for regularity

Uses:

- for relief of occasional constipation (irregularity)

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:

Put one dose into an empty glass. Mix 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. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir.

Adults 12 years & older:	1 rounded TABLESPOON in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours.
6 - 11 yrs :	½ adult dose in 8 oz of liquid, up to 3 times daily
Under 6 yrs:	Consult a doctor

Bulk forming fibers like psyllium husk may affect how well other medicines work. 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 serving per day; gradually increased to desired daily intake. You may initially experience changes in bowel habits or minor bloating, as your body adjusts to increased fiber intake.

Other information:

- each tablespoon contains: **potassium 35 mg; sodium 5 mg**
- store at room temperature. tightly closed to protect from humidity
- do not use if printed inner seal is broken or missing
- contains a 100% natural, therapeutic fiber

Inactive ingredients

citric acid, FD &C yellow 6, natural and artificial orange flavor, silica, sucrose

Questions or comments?

1-866-467-2748

PRINCIPAL DISPLAY PANEL

RITE AID PHARMACY®

NDC 11822-5131-4

Compare to the active ingredient in Metamucil® 4 in 1 MultiHealth Fiber
Multi-Health Fiber Supplement

Psyllium husk 3.4 g

Daily fiber supplement/therapy for regularity

100% NATURAL PSYLLIUM FIBER POWDER

- Helps you **feel less hungry** between meals**
- Helps maintain **healthy blood sugar** levels as part of your diet**
- Helps **lower cholesterol** to promote heart health**
- Promotes **digestive health****
- Gluten free

ORANGE FLAVOR

NATURALLY & ARTIFICIALLY FLAVORED

114 TABLESPOON‡

NET WT 48.2 OZ (3 LB) 1.37 g

fill controlled by weight, not volume

†See back for information about soluble fiber and heart disease.

‡Serving size varies. See DIRECTIONS on back panel for more information

****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.**

DO NOT USE IF PRINTED INNER SEAL IS BROKEN OR MISSING

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

GLUTEN FREE (If you have specific dietary needs, you should consult your doctor before consuming this product.)

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

SATISFACTION GUARANTEE

IF YOU'RE NOT SATISFIED, WE'LL HAPPILY REFUND YOUR MONEY.

Patent no: 6.361.799

DISTRIBUTED. BY:

RITE AID, 30 HUNTER LANE

CAMP HILL, PA 17011

Compare to the fiber content in
Metamucil® 4 in 1 Multihealth Fiber!™**

FIBER THERAPY

100% NATURAL PSYLLIUM HUSK

MULTI-BENEFIT DAILY FIBER SUPPLEMENT

- Helps you feel less hungry between meals*
- Helps maintain healthy blood sugar levels as part of your diet**
- Helps lower cholesterol to promote heart health*
- Promotes digestive health**
- Gluten free

SMOOTH ORANGE

NATURALLY & ARTIFICIALLY FLAVORED

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.



*SEE BACK FOR INFORMATION ABOUT SOLUBLE FIBER AND HEART DISEASE
**ALL CONTROLLED BY WEIGHT, NOT VOLUME

114
TABLESPOON† DOSES
SERVING SIZE VARIES. SEE DIRECTIONS ON BACK PANEL FOR MORE INFORMATION.

NET WT 48.2 OZ (3 LBS) 1.36 kg

Supplement Facts

Amount Per Serving	2 rounded Teaspoon (24 g)		1 rounded Teaspoon (12 g)	
		%DV*		%DV*
Calories	90		45	
Total Carbohydrate	23 g	8%*	12 g	4%*
Dietary Fiber	8 g	21%*	3 g	11%*
Soluble Fiber	5 g	1	2 g	1
Total Sugars	16 g	1	8 g	1
Includes Added Sugars	16 g	32%*	8 g	16%*
Iron	1.4 mg	8%	0.7 mg	4%
Sodium	10 mg	<1%	5 mg	<1%
Potassium	70 mg	1%	35 mg	1%

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.
†2.5g fiber (50% water soluble).

INGREDIENTS: Sucrose, Psyllium Husk, Citric Acid, Natural and Artificial Orange Flavor, Silica, FD&C Yellow No. 6.

Notice: Put 1 dose of product into an empty glass. Mix this product with at least 8 ounces (a full glass) of liquid. Stir briskly and drink promptly. 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.

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.

When used as a daily fiber supplement:

Fiber Supplement Information

Uses & Directions:

For feeling less hungry between meals**
Adults & children 12 yrs. and over: Two rounded tablespoons in 8 or more ounces of liquid with meals, up to 3 times daily.

For lowering cholesterol to promote heart health*
Adults & children 12 yrs. & over: One rounded tablespoon in 8 ounces of liquid, 3 times daily. *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 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of this product as a part of a cholesterol-lowering program.

For maintaining healthy blood sugar levels as part of your diet**
Adults & children 12 yrs. and over: One rounded tablespoon in 8 ounces of liquid, 3 times daily. Consult your doctor before use if you are currently using medication to control your blood sugar levels.

For promoting and maintaining digestive health**
Adults & children 12 yrs. and over: One rounded tablespoon in 8 ounces of liquid up to 3 times daily for fiber supplementation. For occasional constipation and to help promote and maintain regularity. For children under 12 yrs.: consult a doctor.

When used as a therapy for regularity:

Drug Facts

Active ingredient (in each tablespoon)

Psyllium husk approximately 3.4 g.....
Purpose Bulk-Forming Laxative

Uses ■ for relief of occasional constipation (irregularity) ■ generally produces bowel movement in 12-72 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.

Allergy alert: This product may cause an 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

Put one dose into an empty glass. Mix 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. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir.

Adults & children 12 years & older: 1 rounded tablespoon in 8 ounces of liquid at the first sign of irregularity. Can be taken up to 3 times daily.

Children 6-11 yrs.: 1/2 adult dose in 8 ounces of liquid, up to 3 times daily

Children under 6 yrs.: Consult a doctor

Bulk-forming fibers like psyllium husk may affect how well other medicines work. 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 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.

Other information

■ each tablespoon contains: potassium 35 mg; sodium 5 mg

■ store at room temperature. Keep the container tightly closed to protect from humidity

■ contains a 100% natural, therapeutic fiber

Inactive ingredients citric acid, FD&C Yellow No. 6, natural and artificial orange flavor, silica, sucrose

Questions or comments? 1-866-467-2748

*This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil® 4 in 1 Multihealth Fiber!™.

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.

TAMPER EVIDENT: DO NOT USE IF PRINTED INNER SEAL UNDER CAP IS BROKEN OR MISSING

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.

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

DISTRIBUTED BY:
RITE AID, 30 HANOVER LANE,
CRAMP HILL, PA 17011
www.riteaid.com

SATISFACTION GUARANTEE
If you're not satisfied, we'll happily refund your money!

LOT:
EXP:



RITE AID NATURAL FIBER ORANGE FLAVOR

psyllium husk powder

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:11822-5131
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
PSYLLIUM HUSK (UNII: 0SHO53407G) (PSYLLIUM HUSK - UNII:0SHO53407G)	PSYLLIUM HUSK	3.4 g in 12 g

Inactive Ingredients

Ingredient Name	Strength
ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)	
FD&C YELLOW NO. 6 (UNII: H77VEI93A8)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
SUCROSE (UNII: C151H8M554)	

Product Characteristics

Color	BROWN	Score	
Shape		Size	
Flavor	ORANGE	Imprint Code	

Contains**Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:11822-5131-4	1370 g in 1 CANISTER; Type 0: Not a Combination Product	03/14/2019	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	03/14/2019	

Labeler - RITE AID CORPORATION (014578892)

Revised: 10/2021

RITE AID CORPORATION