CAREONE- psyllium husk capsule FOODHOLD USA

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.

CAREONE Fiber Capsules Psyllium Husk 160 Capsules

Drug Facts

Active ingredient (in each capsule)

Psyllium husk approximately 0.52 g

Purpose

Bulk Forming Laxative

Uses

- effective in treating occasional constipation and restoring regularity.
- This product 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.

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.
- 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 tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber

Inactive ingredients

caramel color, edible ink, gelatin, polysorbate 80

Questions or comments?

1-866-467-2748

PRINCIPAL DISPLAY PANEL - 160 Capsules Label

NDC 41520-907-60

Compare to Metamucil[®] Capsules 3 in 1 Multihealth Fiber!™

FIBER CAPSULES

Psyllium Husk Fiber Supplement

100% natural Psyllium Husk

BULK FORMING LAXATIVE DIETARY FIBER SUPPLEMENT

160 CAPSULES

OUR PHARMACISTS RECOMMEND

**THESE STAEMENTS HAVE NOT BEEN EVALUATED BY FOOD AND DRUG ADMINSTRATION, THIS PRODUCT IS NOT INTEDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE

GLUTEN FREE (may contain trace amount less than 20 ppm). If you have specific dietary needs, you should dietary needs; you should consult your doctor before consuming this product)

DISTRIBUTED BY FOODHOLD U.S.A. LLC

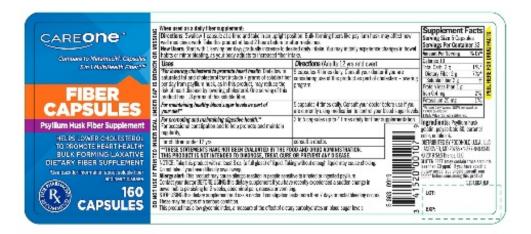
LANDOVER, MD 20785

1-877-846-9949

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Quality guaranteed or your money back.

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



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CAREONE

psyllium husk capsule

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Product Type		HUMAN OTC DRUG	ltem Code (Source)			NDC:41520-907		
Route of Adminis	stration	ration ORAL						
Active Ingredie	ent/Activ	e Moiety						
	Basis of S			rength	Strength			
Psyllium Husk (UNI	l: 0SHO5340	7G) (Psyllium Husk -	UNII:0SHO534	07G)	Psyllium Husk		0.52 g	
Inactive Ingre	dients							
		Ingredient Na	me			Strength		
CARAMEL (UNII: T90	099G2B1R)							
GELATIN, UNSPECI								
POLYSORBATE 80	(UNII: 60ZP3	9ZG8H)						
Product Chara	cteristics	5						
Color		NWC	Score			no score		
Shape 	CA	PSULE	Size			21mm		
Flavor			Imprint Co	de		RP119		
Contains								
Contains Packaging								
Packaging	Ρ	ackage Descript	tion		ting Start Date		ting End Pate	
Packaging # Item Code		ackage Descript TTLE; Type 0: Not a (Date			
Packaging # Item Code 1 NDC:41520-907-	160 in 1 BO			Γ	Date			
Packaging # Item Code 1 NDC:41520-907-	160 in 1 BO Product	TTLE; Type 0: Not a C		Γ	Date			
Packaging # Item Code 1 NDC:41520-907- 60	160 in 1 BO Product	TTLE; Type 0: Not a C	Combination	04/16/201	Date	D		

Labeler - FOODHOLD USA (809183973)

Revised: 8/2023

FOODHOLD USA