

**RITE AID MULTIHEALTHFIBER NATURAL FIBER- 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 Original Coarse 114 Teaspoons**

**Drug Facts**

**Active ingredient: (in each TEASPOON)**

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.

<b>Adults 12 years &amp; older:</b>	1 rounded TEASPOON 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.
<b>6 - 11 yrs:</b>	½ adult dose in 8 oz of liquid, up to 3 times daily
<b>Under 6 yrs:</b>	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. As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.

### 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 teaspoon contains:** potassium 35 mg; sodium 5 mg
- store at room temperature. Keep the container 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

silica, sucrose.

### Questions or comments ?

**1-866-467-2748**

### PRINCIPAL DISPLAY PANEL

RITE AID PHARMACY®

\*Compare to the active ingredient in Metamucil® 4 in 1 MultiHealth Fiber

NDC 11822-5111-4

MultiHealth fiber supplement

Psyllium husk 3.4 g

Daily fiber supplement/therapy for regularity

100% NATURAL PSYLLIUM FIBER POWDER

114 teaspoon doses‡

- 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

Original Coarse

114 TEASPOONS‡

NET WT 29 OZ (1 LB 13 OZ) 822 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

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

**\*\*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.**

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

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.

**Patent no: 6.361.799**

**DISTRIBUTED BY: RITE AID, 30 HUNTER LANE**

**CAMP HILL, PA 17011**

**SATISFACTIONS GURANTEED**

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

Compare to the fiber content in Metamucil® Original Coarse Powder\*

FREE FROM GLUTEN FREE

# FIBER THERAPY

**PSYLLIUM HUSK**

**MULTI-BENEFIT DAILY FIBER SUPPLEMENT**

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

**ORIGINAL COARSE**

\*\*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.

114 TEASPOON DOSES  
 NET WT 29 OZ (1.8 LBS) 822 g

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

**Supplement Facts**

Serving Size	1 rounded Teaspoon (7 g)	
Servings Per Container	About 114	
<b>Amount Per Serving</b>		
Calories	20	%DV*
Total Carbohydrate	7 g	3%*
Dietary Fiber	3 g	11%*
Soluble Fiber	2 g	†
Total Sugars	4 g	†
Includes Added Sugars	4 g	8%*
Fiber	0.4 mg	2%
Sodium	3 mg	<1%
Potassium	30 mg	1%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily Value (DV) not established.

**INGREDIENTS:** Sucrose, Psyllium Husk, Silica.

**DISTRIBUTED BY:**  
 RTE AID, 30 HUNTER LANE,  
 CAMP HILL, PA 17011  
 www.riteaid.com

**HOW TO TAKE THIS PRODUCT**  
 (For adults 12 years and older)

- Put 1 rounded teaspoon in empty glass.
- Mix briskly with 8 oz or more of cool liquid.
- Drink promptly. Enjoy up to 3 times per day!

The psyllium husk fiber in this product helps support:

- DIGESTIVE HEALTH\*\*** by promoting regularity
- HEART HEALTH\*** by lowering cholesterol
- HEALTHY BLOOD SUGAR LEVELS\*\*** take before each meal

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

**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.

For centuries psyllium husk has been used in traditional medicine to promote health. Today, psyllium is known as one of the most effective fibers for maintaining regular digestive health\*\*, but it does so much more. Taken daily, this product also helps maintain healthy blood sugar levels\*\* and supports heart health by lowering cholesterol\*.

**QUESTIONS?** 1-866-467-2748

**ALLERGY ALERT:** This product may cause allergic reactions in people sensitive to inhaled or ingested psyllium.

**NOTICE:** Mix 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.

**IMPORTANT INFORMATION**

- Store at room temperature. Keep container tightly closed to protect from humidity.
- Keep out of reach of children

\*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.

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

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

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

511114RITLR

LOT:

EXP:

0 11822 58911 6

## RITE AID MULTIHEALTHFIBER NATURAL FIBER

psyllium husk powder

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:11822-5111
<b>Route of Administration</b>	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 7 g

### Inactive Ingredients

Ingredient Name	Strength
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
SUCROSE (UNII: C151H8M554)	

### Product Characteristics

<b>Color</b>	BROWN (Light)	<b>Score</b>	
<b>Shape</b>		<b>Size</b>	
<b>Flavor</b>		<b>Imprint Code</b>	
<b>Contains</b>			

**Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:11822-5111-4	822 g in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product	03/12/2019	

**Marketing Information**

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	03/12/2019	

**Labeler** - RITE AID CORPORATION (014578892)

Revised: 10/2021

RITE AID CORPORATION