

MEIJER NATURAL FIBER- psyllium husk powder
MEIJER DISTRIBUTION INC

meijer ® Natural Fiber 100% Natural Psyllium Husk Orange Flavor 114
TEASPOONS

Drug Facts

Active ingredient: (in each teaspoon)

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 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 TEASPOON in 8 ounces of liquid at the first sign of irregularity. Can be taken up to 3 times daily.
Children 6 - 11 yrs :	½ 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 3 doses per day as necessary. 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**
- **PHENYLKETONURICS: CONTAINS PHENYLALANINE**, 25 mg per teaspoon
- contains a 100% natural, therapeutic fiber
- store at room temperature. Keep the container tightly closed to protect from humidity

Inactive ingredients

aspartame, citric acid, FD &C yellow 6, maltodextrin, natural and artificial orange flavor, silica.

Questions or comments?

1-866-467-2748

PRINCIPAL DISPLAY PANEL

meijer ®

NDC 41250-455-11

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

fiber powder

100%Natural Psyllium Husk

MultiHealth Daily Fiber Supplement

Therapy for Regularity

SUGAR-FREE

not a low calorie food

Orange Smooth

Naturally and Artificially Flavored

- 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

114 teaspoon† doses

NET WT 23.3 OZ (1.4 LB) 660 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 ®.

SF SUGAR FREE

GF GLUTEN FREE

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.

MEIJER PHARMACISTS RECOMMEND

MONEY BACK GUARANTEE

DIST. BY MEIJER DISTRIBUTION, INC.

GRAND RAPIDS, MI 49544

www.meijer.com



SUGAR FREE not a low calorie food

Psyllium Fiber Powder

Psyllium Fiber Supplement

HELPS SUPPORT: APPETITE CONTROL**
HEART HEALTH BY LOWERING CHOLESTEROL*
HEALTHY BLOOD SUGAR LEVELS**
DIGESTIVE HEALTH**

ORANGE
Naturally and Artificially Flavored



114 TEASPOONS
†See back for information about soluble fiber and heart disease

NET WT 23.3 OZ (1.4 LBS) 660 g
fill controlled by weight, not volume

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COMPARE TO METAMUCIL® POWDER SUGAR FREE FIBER CONTENT*

4-in-1 FIBER

OUR QUALITY GUARANTEE


Questions? 1-888-487-2748

*Dietary fiber is 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.

PID 466902

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Supplement Facts

Serving Size	2 rounded Teaspoons (1.6 g)	1 rounded Teaspoon (0.8 g)
Servings Per Container	About 82	About 114
Amount Per Serving		% DV*
Calories	30	15
Total Carbohydrate	10 g	4%
Dietary Fiber	6 g	21%**
Soluble Fiber	5 g	7
Iron	0.7 mg	4%
Sodium	10 mg	<1%
Potassium	60 mg	1%

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

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

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GRAND RAPIDS, MI 49544
www.meijer.com

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:

- **PHENYLKETONURICS: CONTAINS PHENYLALANINE, 25 mg per teaspoon**
- Store at room temperature. Keep container tightly closed to protect from humidity.
- Keep out of reach of children

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.

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

1. Put 1-2 rounded teaspoons in empty glass.
2. Mix briskly with 8 oz or more of cool liquid.
3. Drink promptly and enjoy!

HOW MUCH TO TAKE
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	APPETITE CONTROL** take before each meal
OR		2 ROUNDED TEASPOONS up to 3 times per day	

1 ROUNDED TEASPOON up to 3 times per day

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

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GLUTEN-FREE

LOT: 515114MJRLR
EXP:

MEIJER NATURAL FIBER			
psyllium husk powder			
Product Information			
Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:41250-455
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		
ASPARTAME (UNII: Z0H242BBR1)			
ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)			
FD&C YELLOW NO. 6 (UNII: H77VEI93A8)			
MALTODEXTRIN (UNII: 7CVR7L4A2D)			
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)			
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:41250-455-11	1368 g in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product	03/14/2017	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	03/14/2017	

Labeler - MEIJER DISTRIBUTION INC (006959555)

Revised: 10/2025

MEIJER DISTRIBUTION INC