

**BULK-FORMING LAXATIVE - psyllium husk powder, for suspension**  
**HEALTH MART**

*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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**Health Mart Fiber Powder**

**Active ingredient (per each rounded teaspoon=7 g)**

Psyllium husk 3.4 g

**Purpose**

Bulk-forming laxative

Enter section text here

**Uses**

- effective in treating occasional constipation and restoring regularity

**Warnings**

**Allergy alert:** May cause allergic reaction in people sensitive to ingested or inhaled psyllium

**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.

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

- abdominal pain, nausea or vomiting
- a sudden change in bowel habits persisting for 2 weeks

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

taking any other drug. Laxatives may affect how other drugs work.

**When using this product**

- do not exceed the maximum recommended daily dosage in a 24-hour period
- you may experience changes in bowel habits or minor bloating as your body adjusts to increased fiber intake
- constipation lasts more than 7 days
- rectal bleeding occurs

These could 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.

**Directions**

- take at the first sign of irregularity up to 3 times a day

- put one dose into an empty glass
- fill glass with 8oz of water or favorite beverage
- stir briskly and drink promptly
- if mixture thickens add more water and stir
- take 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.
- 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 dose per day; gradually increase to 3 doses per day as necessary

|                                       |                    |
|---------------------------------------|--------------------|
| adults and children 12 years and over | 1 rounded teaspoon |
| 6 to under 12 years                   | 1/2 teaspoon       |
| under 6 years                         | ask a doctor       |

#### **Other information**

- each teaspoon contains: potassium 30 mg and sodium 3 mg
- store at (20°-25°C) 68°-77°F

#### **Inactive ingredients**

silicon dioxide, sucrose

**DO NOT USE IF PRINTED SEAL UNDER CAP IS MISSING OR BROKEN**

#### **Fiber Supplement information**

**Uses** Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium seed husk, may reduce the risk of heart disease by lowering cholesterol levels. One ADULT serving provides 2.4 grams of soluble fiber. Consult a doctor if you are considering use of the products as part of a cholesterol-lowering program.

**Warnings** Read entire label, including warnings in Drug Facts

**Directions** Adults 12 years and older: 1 rounded TEASPOON (tsp) in 8 oz of liquid 3 times daily.

**Children under 12 years:** Consult a doctor.

**NOTICE:** Mix this product with at least 8 ounces (a full glass) of liquid. Taking this product without enough liquid may cause choking. Do not take if you have difficulty swallowing. **See choking warning.**

#### **PDP**

Health Mart Pharmacy

compare to Metamucil active ingredient

fiber powder

psyllium husk 3.4 g

bulk-forming laxative  
 dietary fiber supplement  
 helps maintain and restore regularity  
 unflavored original texture  
 net wt 13 oz (368 g) 48 teaspoon doses



NDC 62011-0136-1

compare to Metamucil® active ingredient\*

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FIBER LAXATIVE

Drug Facts

**Active ingredient** (per each rounded teaspoon = 7 g)  
 Psyllium husk 3.4 g Bulk-forming laxative

**Purpose**  
 Bulk-forming laxative

**Uses**  
 effective in treating occasional constipation and restoring regularity

**Warnings**  
**Allergy alert:** May cause allergic reaction in people sensitive to ingested or inhaled psyllium.  
**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.  
**Ask a doctor before use if you have:**  
 abdominal pain, nausea or vomiting  
 a sudden change in bowel habits persisting for 2 weeks  
**Ask a doctor or pharmacist before use if you are taking any other drug.** Laxatives may affect how other drugs work.  
**When using this product:**  
 do not exceed the maximum recommended daily dosage in a 24-hour period  
 you may experience changes in bowel habits or minor bloating as your body adjusts to increased fiber intake  
**Stop use and ask a doctor if:**  
 constipation lasts more than 7 days  
 rectal bleeding occurs  
 These could 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.

DIETARY FIBER SUPPLEMENT

Fiber Supplement Information

**Uses** Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium seed husk, may reduce the risk of heart disease by lowering cholesterol levels. One ADULT serving provides 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of the product as part of a cholesterol-lowering program.

**Warnings** Read entire label, including warnings in Drug Facts.

**Directions** Adults 12 years & older: 1 rounded TEASPOON (hep) in 8 oz of liquid 3 times daily. Children under 12 years: Consult a doctor.

**NOTICE:** Mix this product with at least 8 ounces (a full glass) of liquid. Taking this product without enough liquid may cause choking. Do not take if you have difficulty swallowing. See choking warning.

Supplement Facts

Serving Size: 1 rounded tsp. (7 g)  
 Servings Per Container: 48

| Amount Per Serving | % DV* |
|--------------------|-------|
| Calories 25        |       |
| Total Carb. 6 g    | 2%*   |
| Dietary Fiber 3 g  | 12%*  |
| Soluble Fiber 2 g  | ↑     |
| Sugars 3 g         | ↑     |
| Iron 1 mg          | 4%    |
| Sodium 3 mg        | <1%   |
| Potassium 30 mg    | <1%   |

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

**Ingredients:** Sucrose, Psyllium Husk, Silicon Dioxide.

DIRECTIONS FOR USE:



1. Place the adult or child dose listed in directions into an empty glass.



2. Fill glass with at least 8 ounces of non-carbonated beverage.



3. Stir briskly. If small clumps appear you may continue to mix well and drink promptly.

DO NOT USE IF PRINTED SEAL UNDER CAP IS MISSING OR BROKEN

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



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 One Post Street, San Francisco, CA 94104  
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LOT: \_\_\_\_\_

EXP: \_\_\_\_\_

## BULK-FORMING LAXATIVE

psyllium husk powder, for suspension

### Product Information

|                         |                |                    |                   |
|-------------------------|----------------|--------------------|-------------------|
| Product Type            | HUMAN OTC DRUG | Item Code (Source) | NDC:6 20 11-0 136 |
| 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 7 g |

### Inactive Ingredients

| Ingredient Name                    | Strength |
|------------------------------------|----------|
| SILICON DIOXIDE (UNII: ETJ7Z6XBU4) |          |

SUCROSE (UNII: C151H8M554)

### Product Characteristics

|                 |       |                     |  |
|-----------------|-------|---------------------|--|
| <b>Color</b>    | brown | <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:62011-0136-1 | 368 g in 1 CANISTER |                      |                    |

### Marketing Information

| Marketing Category      | Application Number or Monograph Citation | Marketing Start Date | Marketing End Date |
|-------------------------|--|----------------------|--------------------|
| OTC monograph not final | part334                                  | 04/19/2012           |                    |

**Labeler** - HEALTHMART (177667227)

Revised: 8/2012

HEALTHMART