PUBLIX- psyllium husk capsule
PUBLIX SUPER MARKETS, INC

Publix Fiber Capsules Psyllium Husk 160 Capsules

Drug Facts

Active ingredient (in each capsule)

Psyllium husk approximately 0.52 g

Purpose

Fiber Laxative

Uses

- effective in treating occasional constipation and restoring regularity

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. Generally produces effect in 12-72 hours.
- **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. Keep the container tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber
- tamper evident: do not use if printed inner seal under cap is broken or missing

Inactive ingredients

caramel color, edible ink, gelatin, polysorbate 80

Questions or comments?

1-866-467-2748

PRINCIPAL DISPLAY PANEL - 160 Capsules Label

NDC **41415-119-60**

Compare to the active ingredient in Metamucil® 3 in 1 MultiHealth Fiber!™

FIBER CAPSULES

PSYLLIUM HUSK FIBER LAXATIVE

DIETARY SUPPLEMENT

- Helps maintain blood sugar levels as part of your diet**
- Helps lower cholesterol to promote heart health[††]
- Promotes digestive health**
- Gluten free

160 CAPSULES

OUR PHARMACISTS RECOMMEND

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

**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)

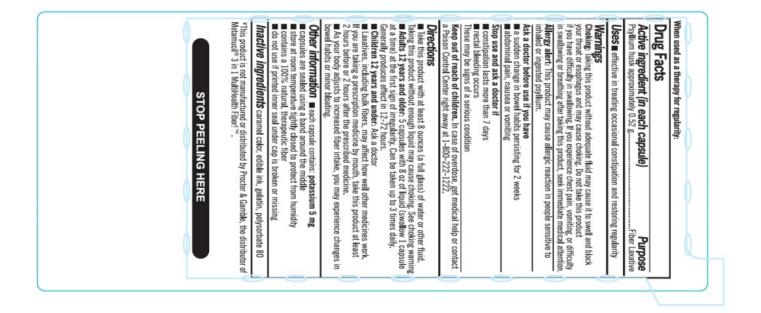**DISTRIBUTED BY PUBLIX SUPER MARKET, INC.,**

3300 PUBLIX CORPORATE PARKWAY, LAKELAND, FL 33811

1-888-267-3037 publix.com

PUBLIX GUARANTEE: COMPLETE SATISFACTION OR YOUR MONEY BACK.

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

fibercapsules

PSYLLIUM HUSK FIBER LAXATIVE

DIETARY SUPPLEMENT

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

160 CAPSULES

*Compare to the active ingredient in Metamucil® 3 in 1 MultiHealth Fiber!™

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

---

When used as a daily fiber supplement:

Directions: Swallow 1 capsule at a time and take in an upright position. Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.

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.

Uses	Directions (Adults 12 yrs and over)
††For lowering cholesterol to promote heart health. 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 1.8 grams of this soluble fiber.	5 capsules 4 times daily. Consult your doctor if you are considering use of this product as part of a cholesterol-lowering program.
For maintaining healthy blood sugar levels as part of your diet**	5 capsules 4 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.** For occasional constipation and to help promote and maintain regularity.	2 to 5 capsules up to 4 times daily for fiber supplementation. For children under 12, consult a doctor.

**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.

NOTICE: Take 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.

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.

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

(Side:) DO NOT USE IF PRINTED INNER SEAL UNDER CAP IS BROKEN OR MISSING

Supplement Facts

Serving Size 5 Capsules
Servings Per Container 32

Amount Per Serving	% DV*
Calories 10	
Total Carb. 2 g	1%*
Dietary Fiber 2 g	8%*
Soluble Fiber 2 g	†
Protein less than 1 g	
Iron 0.4 mg	2%
Potassium 25 mg	<1%

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

Ingredients: Psyllium husk, gelatin, polysorbate 80, caramel color, edible ink.

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.

DISTRIBUTED BY PUBLIX SUPER MARKETS, INC.
3300 PUBLIX CORPORATE PARKWAY, LAKELAND, FL 33811
1-866-267-3037 publix.com

Publix.

PUBLIX GUARANTEE: COMPLETE SATISFACTION OR YOUR MONEY BACK

119160PUBLR

LOT:

EXP:

(Side tab:) PEEL HERE FOR DRUG FACTS

0 41415 23573 1

(Peel-away Drug Facts panel:)

STOP PEELING HERE

When used as a therapy for regularity:

Drug Facts

Active ingredient (in each capsule) — Psyllium husk approximately 0.52 g — **Purpose** — Fiber Laxative

Uses ■ effective in treating occasional constipation and restoring regularity

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

Taking this product without enough liquid may cause choking. See choking warning.

Adults 12 years and older: 5 capsules with 8 oz of liquid (swallow 1 capsule at a time) at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours.

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 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.

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 ■ do not use if printed inner seal under cap is broken or missing

Inactive ingredients caramel color, edible ink, gelatin, polysorbate 80

*This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil® 3 in 1 MultiHealth Fiber!™.

PUBLIX

psyllium husk capsule

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:41415-119
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
Psyllium Husk (UNII: 0SHO53407G) (Psyllium Husk - UNII:0SHO53407G)	Psyllium Husk	0.52 g

Inactive Ingredients

Ingredient Name	Strength
CARAMEL (UNII: T9D99G2B1R)	
GELATIN, UNSPECIFIED (UNII: 2G86QN327L)	
POLYSORBATE 80 (UNII: 6OZP39ZG8H)	

Product Characteristics

Color	BROWN	**Score**	no score
Shape	CAPSULE	**Size**	21mm
Flavor		**Imprint Code**	RP119
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:41415-119-60	160 in 1 BOTTLE; Type 0: Not a Combination Product	05/21/2019	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	05/21/2019	

Labeler - PUBLIX SUPER MARKETS, INC (006922009)

Revised: 11/2023   PUBLIX SUPER MARKETS, INC