

**WALGREENS FIBER THERAPY- methylcellulose tablet  
WALGREENS CO.**

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**Walgreen Fiber Therapy Methylcellulose 500 mg 100 Caplets**

***Active ingredient (in each caplet)***

Methylcellulose (a non-allergenic fiber) 500mg

***Purpose***

Bulk-Forming Fiber Laxative

***Uses***

- helps restore and maintain regularity
- generally, produces a bowel movement in 12 -72 hours.
- relieves 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.

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

- a sudden change in bowel habits that persists over a period of two weeks
- abdominal pain, nausea or vomiting

***Stop use and ask a doctor if***

- constipation lasts more than 7 days
- you have rectal bleeding

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 at 1-800-222-1222.

***Directions***

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.

<b>Age</b>	<b>Dose</b>	<b>Maximum Dose</b>
adults & children 12 years of age and over	start with 2 caplets. Increase as needed up to 6 times per day.	Do not exceed 12 caplets per day
Children 6-11 years of age	Start with 1 caplet. Increase as needed up to 6 times per day	Do not exceed 6 caplets per day
children under 6 years of age	Consult a physician	Consult a physician

### ***Other information***

- **each caplet contains:** appx. 18 mg of calcium
- store at room temperature
- protect contents from humidity
- keep tightly closed

**Safety sealed: Do not use if printed seal under cap is torn or missing.**

### ***Inactive ingredients***

adipic acid, calcium carbonate, crospovidone, FD&C yellow no. 6 aluminum lake, magnesium stearate, microcrystalline cellulose, polysorbate 80, silica.

### **Questions or comments?**

**1-866-467-2748**

### **Principal Display Panel**

Walgreens

NDC# **0363-1220-10**

**Compare to Citrucel® active ingredients††**

### **Fiber Therapy**

**METHYLCELLULOSE CAPLETS, 500 mg**

**FIBER CAPSULES FOR REGULARITY**

- Daily source 100% Soluble Fiber  
100 FIBER CAPLETS  
GLUTEN FREE

Walgreens Pharmacist Recommended

Walgreens Pharmacist Survey

††This product is not manufactured or distributed by GlaxoSmithKline, the distributor of CITRUCEL® Caplets.

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**Walgreens** NDC 0363-1220-10  
 Compare to the active ingredient in Citrucel® Caplets™

# Fiber Therapy

METHYLCELLULOSE CAPLETS, 500 mg

- Gentle & clinically proven effective\*
- Gives you additional fiber to help relieve occasional constipation
- Fiber for irregularity that won't cause excess gas\*\*

**100 FIBER CAPLETS**

ACTUAL SIZE

**TAMPER EVIDENT: DO NOT USE IF PRINTED SEAL UNDER CAP IS TORN OR MISSING**

**Drug Facts**  
**Active ingredient (in each caplet) Purpose**  
 Methylcellulose (a non-allergenic fiber) 500mg Bulk-forming fiber laxative

**Uses**  
 ■ relieves occasional constipation (irregularity)  
 ■ generally produces a 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.  
**Ask a doctor before use if you have** ■ a sudden change in bowel habits that persists for two weeks ■ abdominal pain, nausea or vomiting

**Stop use and ask a doctor if** ■ constipation lasts more than 7 days ■ you have rectal bleeding  
 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 at 1-800-222-1222.

Walgreens Pharmacal Recommendations:  
 Our pharmacists recommend the Walgreens brand. We invite you to compare to national brands. The Walgreens brand of medication is manufactured and distributed by Walgreen Company, a division of the registered trademark owner, Walgreen Company.  
 DISTRIBUTED BY: WALGREEN CO., 200 WILMOT RD., DEERFIELD, IL 60015  
 100% SATISFACTION GUARANTEED walgreens.com ©2021 Walgreen Co.  
 W3ORG00821-F  
 \*When used as directed.  
 \*\*Based on laboratory testing.  
 Individual results may vary.

ITEM 496454 W00000-0000-0  
 3 1191710881 0  
 READ ENTIRE LABEL INCLUDING DRUG FACTS AND DIRECTIONS  
 LOT: 122100WAGLR  
 EXP:

**Drug Facts (continued)**

**Directions** 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.

Age	Dose	Maximum Dose
adults & children 12 years of age and over	start with 2 caplets. Increase as needed up to 6 times per day.	do not exceed 12 caplets per day.
children 6-11 years of age	start with 1 caplet. Increase as needed up to 6 times per day.	do not exceed 6 caplets per day.
children under 6 years of age	consult a physician	consult a physician

**Other information** ■ each caplet contains: calcium 18 mg ■ store at room temperature ■ protect contents from humidity ■ keep tightly closed

**Inactive ingredients** adipic acid, calcium carbonate, croscopolone, FD&C Yellow No. 6, magnesium stearate, microcrystalline cellulose, polysorbate 80, silica.

**Questions or comments?** 1-866-467-2748

**STOP PEELING HERE**

## WALGREENS FIBER THERAPY

methylcellulose tablet

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:0363-1220
<b>Route of Administration</b>	ORAL		

### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
<b>METHYLCELLULOSE (4000 MPA.S)</b> (UNII: MRJ667KA5E) (METHYLCELLULOSE (4000 MPA.S) - UNII:MRJ667KA5E)	METHYLCELLULOSE (4000 MPA.S)	500 mg

## Inactive Ingredients

Ingredient Name	Strength
<b>ADIPIC ACID</b> (UNII: 76A0JE0FKJ)	
<b>CALCIUM CARBONATE</b> (UNII: H0G9379FGK)	
<b>CROSPVIDONE (120 .MU.M)</b> (UNII: 68401960MK)	
<b>FD&amp;C YELLOW NO. 6</b> (UNII: H77VEI93A8)	
<b>MAGNESIUM STEARATE</b> (UNII: 70097M6I30)	
<b>MICROCRYSTALLINE CELLULOSE</b> (UNII: OP1R32D61U)	
<b>POLYSORBATE 80</b> (UNII: 6OZP39ZG8H)	
<b>SILICON DIOXIDE</b> (UNII: ETJ7Z6XBU4)	

## Product Characteristics

<b>Color</b>	ORANGE (Light orange)	<b>Score</b>	no score
<b>Shape</b>	OVAL (Caplet)	<b>Size</b>	19mm
<b>Flavor</b>		<b>Imprint Code</b>	RP122
<b>Contains</b>			

## Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:0363-1220-10	100 in 1 BOTTLE; Type 0: Not a Combination Product	05/14/2019	

## Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	05/14/2019	

**Labeler** - WALGREENS CO. (008965063)

Revised: 11/2023

WALGREENS CO.