

WALGREENS FIBER THERAPY- methylcellulose tablet
WALGREENS CO.

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.

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:** 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.

DISTRIBUTED BY: WALGREEN CO., 200 WILMOT RD., DEERFIELD, IL 60015

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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**



ACTUAL SIZE

100 FIBER CAPLETS

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 a 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 Pharmacists Recommend:
Our pharmacist recommends the Walgreens brand. We invite you to compare to national brands. To learn more about our products or medications or to obtain a list of participating Walgreens Pharmacies, visit Walgreens.com. ©2021 Walgreen Co. All rights reserved.

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W3ORG0821-F
*When used as directed.
**Based on laboratory testing. Individual results may vary.

ITEM 496454 W00000-0000-0
1917108810
LOT: 122100WAGLR
EXP:

READ ENTIRE LABEL INCLUDING DRUG FACTS AND DIRECTIONS
PEEL BACK HERE

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.

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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, croscollonite, 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

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

Active Ingredient/Active Moiety

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

Inactive Ingredients

Ingredient Name	Strength
ADIPIC ACID (UNII: 76A0JE0FKJ)	

CALCIUM CARBONATE (UNII: H0G9379FGK)	
CROSPROVIDONE (120 .MU.M) (UNII: 68401960MK)	
FD&C YELLOW NO. 6 (UNII: H77VEI93A8)	
MAGNESIUM STEARATE (UNII: 70097M6I30)	
MICROCRYSTALLINE CELLULOSE (UNII: OP1R32D61U)	
POLYSORBATE 80 (UNII: 6OZP39ZG8H)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	

Product Characteristics

Color	orange (Light orange)	Score	no score
Shape	OVAL (Caplet)	Size	19mm
Flavor		Imprint Code	RP122
Contains			

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: 11/2025

WALGREENS CO.