

QUALITY CHOICE FIBER THERAPY- methylcellulose tablet
CHAIN DRUG MARKETING ASSOCIATION

Quality Choice Fiber Therapy Methylcellulose 500 mg 100 Caplets

Active ingredient (in each caplet)

Methylcellulose (a non-allergenic fiber) 500mg

Purpose

Bulk-forming fiber laxative

Uses

- relieves 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 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:** calcium 18 mg
- 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, magnesium stearate, microcrystalline cellulose, polysorbate 80, silica.

Do not use if printed seal under cap is torn or missing.

Questions or comments?

1-866-467-2748

Principal Display Panel

QUALITY CHOICE®

NDC# **83324-228-01**

Compare to Citrucel® Caplets Active Ingredients*

Fiber Therapy

Methylcellulose

- Gentle and clinically proven effective†
 - Gives you additional fiber to help relieve occasional constipation
 - Fiber for irregularity that won't cause excess gas††
- 100 Fiber Caplets

100% QC SATISFACTION GURANTEED

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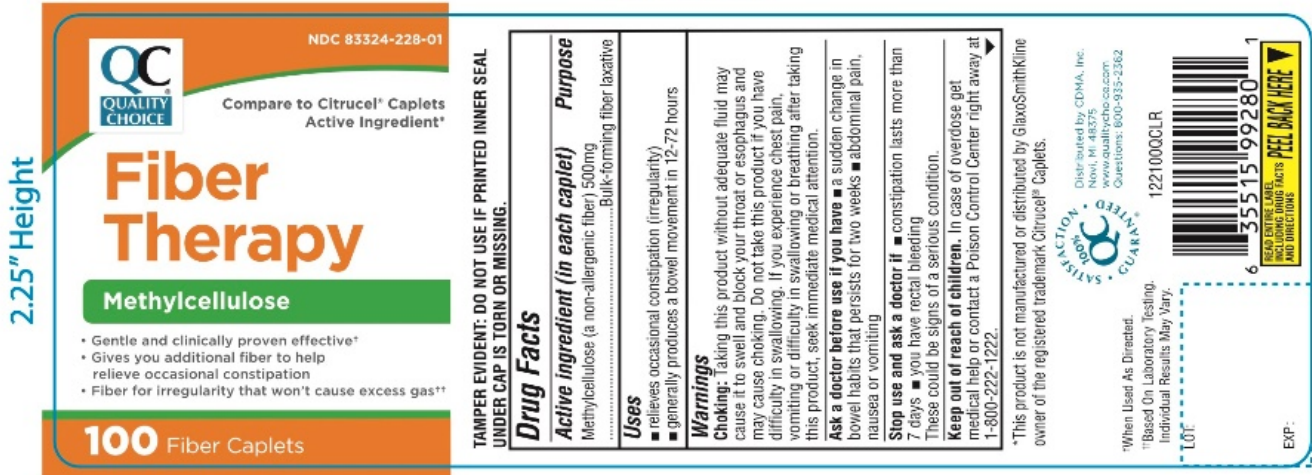
Novi, MI 48375

www.qualitychoice.com

Questions: 800-935-2362

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

FRONT
6.25"Width



QUALITY CHOICE FIBER THERAPY

methylcellulose tablet

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:83324-228
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)	
CROSPVIDONE (120 .MU.M) (UNII: 68401960MK)	
FD&C YELLOW NO. 6 (UNII: H77VEI93A8)	
MAGNESIUM STEARATE (UNII: 70097M6130)	

MICROCRYSTALLINE CELLULOSE (UNII: OP1R32D61U)

POLYSORBATE 80 (UNII: 6OZP39ZG8H)

SILICON DIOXIDE (UNII: ETJ7Z6XBU4)

Product Characteristics

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

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:83324-228-01	100 in 1 BOTTLE; Type 0: Not a Combination Product	09/20/2024	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	09/20/2024	

Labeler - CHAIN DRUG MARKETING ASSOCIATION (011920774)

Revised: 10/2024

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