

**QUALITY CHOICE FIBER THERAPY- methylcellulose tablet**  
**CHAIN DRUG MARKETING ASSOCIATION**

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**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.

<b>Age</b>	<b>Dose</b>	<b>Maximum Dose</b>
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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 GUARANTEED

**Distributed by CDMA, Inc. ©**

**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

2.25" Height

NDC 83324-228-01

**QC**  
QUALITY CHOICE

Compare to Citrucel® Caplets  
Active Ingredient\*

**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

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

**Drug Facts**

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

\*This product is not manufactured or distributed by GlaxoSmithKline owner of the registered trademark Citrucel® Caplets.

When Used As Directed.  
 \*\*Based On Laboratory Testing.  
 Individual Results May Vary.

LOT: \_\_\_\_\_

1221000GLR

355159280

SEEK MEDICAL HELP IF YOU EXPERIENCE THESE SYMPTOMS INCLUDING DRUG FACTS, LABEL BACK HERE AND DIRECTIONS

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

## QUALITY CHOICE FIBER THERAPY

methylcellulose tablet

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:83324-228
<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>	CAPSULE (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: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: 12/2025

CHAIN DRUG MARKETING ASSOCIATION