

**EQUATE FIBER THERAPY- methylcellulose tablet**  
**Wal-Mart Stores, Inc.,**

-----  
**equate® Fiber Therapy Methylcellulose 500 mg 100 Caplets**

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

Methylcellulose 500 mg

***Purpose***

Bulk-forming laxative

***Uses***

- helps restore and maintain regularity and relieves constipation (irregularity)
- in the treatment of constipation associated with other bowel disorders when recommended by a doctor

***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***

- abdominal pain, nausea or vomiting
- sensitivity to any of the ingredients
- a sudden change in bowel habits that persists over a period of 2 weeks

***When using this product***

- do not exceed recommended maximum daily dose unless directed by a doctor
- do not use laxative products for a period longer than one week unless directed by a doctor

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

- rectal bleeding occurs
- you fail to have a bowel movement after use

**Keep out of reach of children.**

In case of overdose, get medical help or contact a Poison Control Center right away.

***Directions***

This product generally produces effect in 12-72 hours

- 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 over 12 years	2 caplets	up to 6 times daily
children( 6 to 12 years )	1 caplet.	up to 6 times daily
children under 6 years	ask a doctor	ask a doctor

### ***Other information***

- **each caplet contains:** appx. 18 mg of calcium
- store at room temperature 15°-30° C( 59°-86° F)
- protect contents from moisture
- keep tightly closed

### ***Inactive ingredients***

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

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

### **Principal Display Panel**

NDC 49035-756-10

Compare to Citrucel® Caplets Active Ingredients\*

equate ®

### **Fiber Therapy**

#### **Methylcellulose**

- 100% Soluble Fiber for Controlled Regularity
- Easy to take Caplets
- 500 mg 100 CAPLETS

GLUTEN FREE

Satisfaction guaranteed-for questions or comments or to report an undesired reaction or side effect, please call **1-888-287-1915**.

Distributed by:

Wal-Mart Stores, Inc., Bentonville, AR 72716

©Wal-Mart Stores, Inc.

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

NDC 49035-756-10



Compare to  
Citrucel®  
Caplets  
Active  
Ingredients\*

# Fiber Therapy

Methylcellulose

- 100% Soluble Fiber for Controlled Regularity
- Easy to take Caplets

**500**  
mg

**100**  
CAPLETS



Actual Size

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

**Drug Facts**

**Active ingredient (in each caplet)**  
Methylcellulose 500 mg ..... Bulk-forming laxative

**Purpose**  
Methylcellulose 500 mg ..... Bulk-forming laxative

**Uses** ■ helps restore and maintain regularity and relieves constipation (irregularity) ■ in the treatment of constipation associated with other bowel disorders when recommended by a doctor

**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**  
■ abdominal pain, nausea or vomiting ■ sensitivity to any of the ingredients ■ a sudden change in bowel habits that persists over a period of 2 weeks

**When using this product**  
■ do not exceed recommended maximum daily dose unless directed by a doctor ■ do not use laxative products for a period longer than one week unless directed by a doctor

**Stop use and ask a doctor if**  
■ rectal bleeding occurs ■ you fail to have a bowel movement after use

**Keep out of reach of children.** In case of overdose, get medical help or contact a Poison Control Center right away.

LOT: 122100MMTLR

EXP:

6 81131 73159 1

ON 26/2/2015

6 81131 73159 1

READ ENTIRE LABEL INCLUDING DRUG FACTS AND ALLERGY WARNING

PEEL BACK HERE

**Drug Facts (continued)**

**Directions**  
This product generally produces effect in 12-72 hours  
■ 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 over 12 years	2 caplets	up to 6 times daily
children (6 to 12 years)	1 caplet	up to 6 times daily
children under 6 years	ask a doctor	ask a doctor

**Other information** ■ each caplet contains: approx. 18 mg of calcium ■ store at room temperature 15°-30°C (59°-86°F) ■ protect contents from moisture ■ keep tightly closed

**Inactive ingredients** ■ adipic acid, calcium carbonate, croscopolone, FD&C yellow no. 6 aluminum lake, magnesium stearate, microcrystalline cellulose, polysorbate 80, silica.

**GLUTEN FREE**

Satisfaction guaranteed - for questions or comments or to report an undesired reaction or side effect, please call 1-888-287-1915.

Distributed by: Wal-Mart Stores, Inc., Bentonville, AR 72716  
© Wal-Mart Stores, Inc. \*This product is not manufactured or distributed by GlaxoSmithKline, the distributor of CITRUCEL® Caplets

**STOP PEELING HERE**

## EQUATE FIBER THERAPY

methylcellulose tablet

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:49035-756
<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>CROSPROVIDONE (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:49035-756-10	100 in 1 BOTTLE; Type 0: Not a Combination Product	08/30/2017	

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	08/30/2017	

**Labeler** - Wal-Mart Stores,Inc., (051957769)

Revised: 10/2025

Wal-Mart Stores,Inc.,