

DISCOUNT DRUG MART REGULAR FLAVOR- natural fiber psyllium husk powder powder
DISCOUNT DRUG MART

Disclaimer: Most OTC drugs are not reviewed and approved by FDA, however they may be marketed if they comply with applicable regulations and policies. FDA has not evaluated whether this product complies.

100% Natural Psyllium Husk Original Texture 48 Teaspoons

Drug Facts

Active ingredient: (in each teaspoon)

Psyllium husk approximately 3.4 g

Purpose

Fiber Laxative

Uses:

- for relief of occasional constipation (irregularity)
- Generally produces 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.

Allergy alert:

This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium.

Ask a doctor before use if you have

- a sudden change in bowel habits persisting for 2 weeks
- abdominal pain, nausea or vomiting

Stop use and ask a doctor if

- constipation lasts more than 7 days
- rectal bleeding occurs

These may 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:

Put one dose into an empty glass. Mix 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. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir.

Adults & Children 12 years & older:	1 rounded teaspoon in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours.
Children 6 - 11 yrs:	½ adult dose in 8 oz of liquid, up to 3 times daily
Children under 6 yrs:	Consult a doctor

Laxative, including bulk fiber, may affect how well other medicines work. If you are taking a prescription medicine by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine. As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.

New Users

Start with 1 serving per day; gradually increase to desired daily intake. You may initially experience changes in bowl habits or minor bloating, as your body adjusts to increased fiber intake.

Other information

- **each teaspoon contains:** potassium 30 mg; sodium 5 mg
- store at room temperature tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber

Inactive ingredients

silica, sucrose.

PRINCIPAL DISPLAY PANEL

DISCOUNT drug mart

FOOD FAIR

Compare to the Active Ingredient in Metamucil®*

NDC 53943-151-48

ORIGINAL TEXTURE

Fiber Therapy POWDER

Fiber Laxative/Fiber Dietary Supplement

100% Natural Psyllium Fiber

- + **Helps you feel less hungry between meals****
- + **Helps maintain healthy blood sugar levels as part of your diet****
- + **Helps lower cholesterol to promote heart health†**
- + **Promotes digestive**

48 TEASPOONS DOSES

NET WT 13 OZ (368 g)

Regular Flavor

Fill controlled by weight, not volume

TAMPER EVIDENT:DO NOT USE IF PRINTED INNER SEAL IS BROKEN OR MISSING

*This product is not manufactured or distributed by Procter & Gamble, the distributor of METAMUCIL®.

SATISFACTION GUARANTEED IF DISSATISFIED, RETURN UNUSED PORTION AND PACKAGE TO STORE WHERE PURCHASED. IF UNABLE TO RETURN TO STORE, SEND REASON FOR DISSATISFACTION, NAME, ADDRESS AND EMPTY PACKAGE TO: DISCOUNT DRUG MART, 211 COMMERCE DR., MEDINA, OHIO 44256.

****THESE STATEMENT HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATIVE. THIS PRODUCTS IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

Distributed By:

Discount Drug Mart

211 Commerce Drive

Medina, Ohio 44256

www.discount-drugmart.com



Compare to the Fiber Content in **Metamucil®** 4 in 1 MultiHealth Fiber!TM*

ORIGINAL TEXTURE

Fiber Therapy

POWDER

Fiber Laxative/Dietary Supplement
100% Natural Psyllium Husk

- Helps you feel less hungry between meals**
- Helps maintain healthy blood sugar levels as part of your diet**
- Helps lower cholesterol to promote heart health*
- Promotes digestive health**

48

TEASPOON†DOSES

NET WT 13 oz (368 g)

Fill controlled by weight, not volume



Regular Flavor

*Serving size varies. See DIRECTIONS on back panel for more information.

†See back for information about soluble fiber and heart disease

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size	2 rounded Tsp (14 g)		1 rounded Tsp (7 g)	
	About 24		About 48	
Amount per Serving	%DV*		%DV*	
Calories	50		25	
Total Carbohydrate	13 g	5%*	7 g	3%*
Dietary Fiber	6 g	21%*	3 g	11%*
Soluble Fiber	5 g	†	2 g	†
Total Sugars	7 g	†	4 g	†
Includes Added Sugars	7 g	14%*	4 g	8%*
Iron	1.4 mg	8%	0.7 mg	4%
Sodium	10 mg	<1%	5 mg	<1%
Potassium	70 mg	1%	35 mg	1%

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

INGREDIENTS: Sucrose, Psyllium Husk, Silica.

Notice: Put 1 dose of product into an empty glass. Mix this product with at least 8 ounces (a full glass) of liquid. Stir briskly and drink promptly. Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing. **Allergy alert:** This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium. Contact your doctor BEFORE USING this dietary supplement if you have recently experienced a sudden change in bowel habits persisting for 2 weeks, abdominal pain, nausea or vomiting. STOP USING this dietary supplement and ask a doctor if constipation lasts more than 7 days or rectal bleeding occurs. These may be signs of a serious condition.

New Users: Start with 1 serving per day; gradually increase to desired daily intake. You may initially experience changes in bowel habits or minor bloating, as your body adjusts to increased fiber intake.

When used as a daily fiber supplement:

Fiber Supplement Information

Uses & Directions:

For feeling less hungry between meals**
Adults & children 12 yrs. and over: Two rounded teaspoons in 8 or more ounces of liquid with meals, up to 3 times daily.

For lowering cholesterol to promote heart health*
Adults & children 12 yrs. and over: One rounded teaspoon in 8 ounces of liquid, 3 times daily. *Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in this product, may reduce the risk of heart disease by lowering cholesterol. One serving of this product has 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of this product as a part of a cholesterol-lowering program.

For maintaining healthy blood sugar levels as part of your diet**
Adults & children 12 yrs. and over: One rounded teaspoon in 8 ounces of liquid, 3 times daily. Consult your doctor before use if you are currently using medication to control your blood sugar levels.

For promoting and maintaining digestive health**
Adults & children 12 yrs. and over: One rounded teaspoon in 8 ounces of liquid up to 3 times daily for fiber supplementation. For occasional constipation and to help promote and maintain regularity. **For children under 12 yrs:** consult a doctor.

When used as a therapy for regularity:

Drug Facts

Active ingredient (in each teaspoon)

Psyllium husk approximately 3.4 g

Purpose

Bulk-forming Laxative

Uses ■ for relief of occasional constipation (irregularity) ■ generally produces 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.

Allergy alert: This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium.

Ask a doctor before use if you have ■ a sudden change in bowel habits persisting for 2 weeks ■ abdominal pain, nausea or vomiting

Stop use and ask a doctor if ■ constipation lasts more than 7 days ■ rectal bleeding occurs These may 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 Put one dose into an empty glass. Mix 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. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir.

Adults & children 12 years & older: 1 rounded teaspoon in 8 ounces of liquid at the first sign of irregularity. Can be taken up to 3 times daily.

Children 6-11 yrs: 1/2 adult dose in 8 ounces of liquid, up to 3 times daily

Children under 6 yrs: Consult a doctor

Bulk-forming fibers like psyllium husk may affect how well other medicines work. If you are taking a prescription medicine by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine.

New Users: Start with 1 serving per day; gradually increase to desired daily intake. You may initially experience changes in bowel habits or minor bloating, as your body adjusts to increased fiber intake.

Other information ■ each teaspoon contains: potassium 35 mg; sodium 5 mg ■ store at room temperature. Keep the container tightly closed to protect from humidity ■ contains a 100% natural, therapeutic fiber

Inactive ingredients silica, sucrose

*This product is not manufactured or distributed by

Procter & Gamble, the distributor of Metamucil®

Questions or comments? 1-866-467-2748

4 in 1 MultiHealth Fiber!TM.

*****THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

TAMPER EVIDENT: DO NOT USE IF PRINTED INNER SEAL UNDER CAP IS BROKEN OR MISSING

GLUTEN FREE (may contain trace amounts less than 20 ppm). If you have specific dietary needs, you should consult your doctor before consuming this product.

This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.

Distributed by:
Discount Drug Mart
211 Commerce Drive
Medina, OH 44256

www.discount-drugmart.com



LOT:

51148DDMLR

EXP:

DISCOUNT DRUG MART REGULAR FLAVOR

natural fiber psyllium husk powder

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:53943-151
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
PSYLLIUM HUSK (UNII: 0SHO53407G) (PSYLLIUM HUSK - UNII:0SHO53407G)	PSYLLIUM HUSK	3.4 g in 7 g

Inactive Ingredients

Ingredient Name	Strength
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
SUCROSE (UNII: C151H8M554)	

Product Characteristics

Color	BROWN (Light)	Score	
Shape		Size	
Flavor		Imprint Code	

Contains**Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:53943-151-48	368 g in 1 BOTTLE, PLASTIC; 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 not final	part334	05/14/2019	

Labeler - DISCOUNT DRUG MART (047741335)

Revised: 8/2021

DISCOUNT DRUG MART