

**PREMIER VALUE FIBER THERAPY ORANGE FLAVOR- psyllium husk powder
PHARMACY VALUE ALLIANCE, LLC**

Premier Value Natural Psyllium Husk Orange Flavor 72 tablespoon Doses
Drug Facts

Active ingredient: (in each tablespoon)

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 tablespoon in 8 ounces of liquid at the first sign of irregularity. Can be taken up to 3 times daily.
Children 6-11 yrs :	½ 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 increased 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:

citric acid, FD&C Yellow No. 6, natural and artificial orange flavor, silica, sucrose.

Questions or comments?

1-866-467-2748

PRINCIPAL DISPLAY PANEL

NDC 68016-513-72

COMPARE TO THE FIBER CONTENT IN METAMUCIL® 4 IN 1 MULTIHEALTH FIBER!™*

Fiber Therapy

100% Natural Psyllium Husk

MultiHealth Daily Fiber Supplement Therapy for Regularity

Orange

Naturally and Artificially Flavored Powder

- 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****
- Gluten free

72 TABLESPOON DOSES‡

NET WT 30.4 OZ (1.9 LBS) 861 g

fill controlled by weight, not volume

K PAREVE

‡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.**

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® 4 in 1 MultiHealth Fiber!™.

GLUTEN FREE 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:

Pharmacy Value Alliance, LLC

407 East Lancaster Avenue,

Wayne, PA 19087



Fiber Powder
Psyllium Fiber Supplement
4-in-1 FIBER
ORANGE
Naturally and Artificially Flavored

HELPS SUPPORT:

- Appetite Control**
- Heart Health by Lowering Cholesterol*
- Healthy Blood Sugar Levels**
- Digestive Health**

72 TABLESPOONS NET WT 30.4 OZ (1.9 LBS) 861 g
Fill controlled by weight, not volume

*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.




Supplement Facts

Amount Per Serving	% DV*	% DV*
Calories	80	40
Total Carbohydrate	23 g	8%
Dietary Fiber	6 g	21%
Soluble Fiber	5 g	10%
Total Sugars	16 g	1%
Includes Added Sugars	16 g	32%
Iron	0.7 mg	4%
Sodium	10 mg	<1%
Potassium	60 mg	1%

*Percent Daily Values (DV) are based on a diet of 2,000 calories a day. †Daily value not established.

INGREDIENTS: Sucrose, Psyllium Husk, Citric Acid, Natural and Artificial Orange Flavor, Silica, FD&C Yellow No. 6.

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If for any reason you are not satisfied with this product, please return it to the store where purchased for a full refund.

Questions? 1-866-467-2748



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ALLERGY ALERT: This product may cause allergic reactions in people sensitive to inhaled or ingested psyllium.

NOTICE: Mix this product with at least 8 oz (a full glass) of liquid. Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing.

IMPORTANT INFORMATION:

- Store at room temperature. Keep container tightly closed to protect from humidity.
- Keep out of reach of children

NEW USERS: Start with one serving per day; gradually increase to desired daily intake. You may experience changes in bowel habits / minor bloating, as your body adjusts to increased fiber intake. Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.

BEFORE USING this dietary supplement- ask your doctor if you

- are considering using this product as part of a cholesterol-lowering program
- are using medication to control your blood sugar levels
- have recently experienced abdominal pain, nausea, vomiting or a sudden change in bowel habits persisting for two weeks

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.

HOW TO TAKE THIS PRODUCT
(For adults 12 years and older)



1. Put 1-2 rounded tablespoons in empty glass.



2. Mix briskly with 8 oz or more of cool liquid.



3. Drink promptly and enjoy!

HOW MUCH TO TAKE
The psyllium husk fiber in this product helps support:

DIGESTIVE HEALTH** <small>by promoting regularity</small>	HEART HEALTH* <small>by lowering cholesterol</small>	HEALTHY BLOOD SUGAR LEVELS** <small>take before each meal</small>	APPETITE CONTROL** <small>take before each meal</small>
1 ROUNDED TABLESPOON up to 3 times per day		2 ROUNDED TABLESPOONS up to 3 times per day	

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

*This product is not manufactured or distributed by Procter & Gamble, owner of the registered trademark Metamucil® Powder.

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LOT:

EXP:

PREMIER VALUE FIBER THERAPY ORANGE FLAVOR			
psyllium husk powder			
Product Information			
Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:68016-513
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 12 g
Inactive Ingredients			
	Ingredient Name		Strength
	ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)		
	FD&C Yellow No. 6 (UNII: H77VEI93A8)		
	SILICON DIOXIDE (UNII: ETJ7Z6XBU4)		
	SUCROSE (UNII: C151H8M554)		
Product Characteristics			
Color	BROWN (Light Yellowish)	Score	
Shape		Size	

Flavor	ORANGE (natural and artificial)		Imprint Code	
Contains				
Packaging				
#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:68016-513-72	861 g in 1 BOTTLE; Type 0: Not a Combination Product	04/18/2019	
Marketing Information				
Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date	
OTC Monograph Drug	M007	04/18/2019		

Labeler - PHARMACY VALUE ALLIANCE, LLC (101668460)

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PHARMACY VALUE ALLIANCE, LLC