

**BEST CHOICE FIBER LAXATIVE- psyllium husk capsule**  
**BEST CHOICE (VALU MERCHANDISERS COMPANY)**

*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.*

-----

**Best Choice Fiber Capsules Psyllium Husk**

***Drug Facts***

**Active ingredient (in each capsule)**

Psyllium husk approximately 0.52 g

**Purpose**

Bulk-Forming Laxative

**Uses**

- effective in treating occasional constipation and restoring regularity
- This product generally produces bowel movement in 12 to 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**

- Take this product 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.
- **Adults 12 years and older:** 5 capsules with at least 8 ounces of liquid (swallow 1 capsule at a time) at the first sign of irregularity. Can be taken up to 3 times daily.
- **Children 12 years and under:** Ask a doctor
- Laxatives, including bulk fibers, may affect how well other medicines work. If you are taking a prescription medication 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.

### Other information

- each capsule contains: **potassium 5 mg**
- capsules are sealed using a band around the middle
- store at room temperature. Keep the container tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber

### Inactive ingredients

caramel color, edible ink, gelatin, polysorbate 80

### Questions or comments?

1-866-467-2748

### PRINCIPAL DISPLAY PANEL - 160 Capsules Label

Best Choice®

NDC 63941-119-10

**COMPARE TO THE ACTIVE INGREDIENT IN METAMUCIL® CAPSULES 3 IN 1 MULTIHEALTH FIBER!™\***

### Psyllium Capsules

100% Natural Psyllium Husk

Fiber Laxative/Dietary Supplement

- Helps maintain healthy blood sugar levels as part of your diet\*†
- Helps lower cholesterol to promote heart health†
- Promotes digestive health\*\*
- Gluten Free

See fiber supplement information about soluble fiber and heart disease and maintaining healthy blood sugar levels.

**100 CAPSULES**

**\*\*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.**

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)

**PROUDLY DISTRIBUTED BY:**  
**VALU MERCHANDISERS, CO.**  
**5000 KANSAS AVE**  
**KANSAS CITY, KS 66106**

\*This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil® Capsules 3 in1 MultiHealth Fiber!™.

COMPARE TO THE ACTIVE INGREDIENT IN METAMUCIL® CAPSULES 3 IN 1 MULTHEALTH FIBER!™

NDC 63941-119-10

# Psyllium Capsules

**Best Choice®**

**100% Natural Psyllium Husk Fiber Laxative/Dietary Supplement**

- Helps maintain healthy blood sugar levels as part of your diet\*\*
- Helps lower cholesterol to promote heart health†
- Promotes digestive health\*\*
- Gluten free

**100 CAPSULES**

†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.**

**When used as a daily fiber supplement:**

**Directions:** Swallow 1 capsule at a time and take in an upright position. Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.

**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.

Uses	Directions (Adults 12 yrs and over)
<b>For lowering cholesterol to promote heart health.</b> 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 1.8 grams of this soluble fiber.	5 capsules 4 times daily. Consult your doctor if you are considering use of this product as part of a cholesterol-lowering program.
<b>For maintaining healthy blood sugar levels as part of your diet**</b>	5 capsules 4 times daily. Consult your doctor before use if you are currently using medication to control your blood sugar levels.
<b>For promoting and maintaining digestive health.**</b> For occasional constipation and to help promote and maintain regularity.	2 to 5 capsules up to 4 times daily for fiber supplementation.
For children under 12 yrs.	consult a doctor.

**\*\*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.**

**NOTICE:** Take this product with at least 8 ounces (a full glass) of liquid. 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. This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.

**Supplement Facts**  
 Serving Size 5 Capsules  
 Servings Per Container 20

Amount Per Serving	% DV*
Calories 10	
Total Carb. 2 g	1%*
Dietary Fiber 2 g	8%*
Soluble Fiber 2 g	†
Protein <1 g	
Iron 0.4 mg	2%
Potassium 25 mg	1%

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

**Ingredients:** Psyllium husk, gelatin, polysorbate 80, caramel color, edible ink.

**BEST CHOICE**



70038 63439 3

LOT: 119100BCLR

EXP:

⚠️ WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

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.

PROUDLY DISTRIBUTED BY:  
 VALU MERCHANDISERS, CO.  
 5000 KANSAS AVE  
 KANSAS CITY, KS 66106

**STOP PEELING HERE**

\*This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil® Capsules 3 in 1 MultiHealth Fiber!™.

When used as a therapy for regularity:

Drug Facts	Purpose
<b>Active ingredient (in each capsule)</b> Psyllium husk, approximately 0.52 g.	Bulk forming laxative
<b>Uses</b> ■ effective in treating occasional constipation and restoring regularity	
■ This product generally produces bowel movement in 12 to 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**

- Take this product 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
- **Adults 12 years and older:** 5 capsules with 8 ounces of liquid (swallow 1 capsule at a time) at the first sign of irregularity. Can be taken up to 3 times daily.
- **Children 12 years and under:** Ask a doctor ■ Laxatives, including bulk fibers, 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 experience changes in bowel habits or minor bloating.

**Other information** ■ each capsule contains: potassium 5 mg

- capsules are sealed using a band around the middle
- store at room temperature tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber

**Inactive ingredients:** caramel color, edible ink, gelatin, polysorbate 80

**Questions or comments?** 1-866-467-2748

**BEST CHOICE FIBER LAXATIVE**  
 psyllium husk capsule

**Product Information**

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:63941-119	
<b>Route of Administration</b>	ORAL			
<b>Active Ingredient/Active Moiety</b>				
	<b>Ingredient Name</b>	<b>Basis of Strength</b>	<b>Strength</b>	
	Psyllium Husk (UNII: 0SHO53407G) (Psyllium Husk - UNII:0SHO53407G)	Psyllium Husk	0.52 g	
<b>Inactive Ingredients</b>				
	<b>Ingredient Name</b>		<b>Strength</b>	
	CARAMEL (UNII: T9D99G2B1R)			
	GELATIN, UNSPECIFIED (UNII: 2G86QN327L)			
	POLYSORBATE 80 (UNII: 6OZP39ZG8H)			
<b>Product Characteristics</b>				
<b>Color</b>	BROWN	<b>Score</b>	no score	
<b>Shape</b>	CAPSULE	<b>Size</b>	21mm	
<b>Flavor</b>		<b>Imprint Code</b>	RP119	
<b>Contains</b>				
<b>Packaging</b>				
<b>#</b>	<b>Item Code</b>	<b>Package Description</b>	<b>Marketing Start Date</b>	<b>Marketing End Date</b>
1	NDC:63941-119-10	100 in 1 BOTTLE; Type 0: Not a Combination Product	05/16/2019	
<b>Marketing Information</b>				
<b>Marketing Category</b>	<b>Application Number or Monograph Citation</b>	<b>Marketing Start Date</b>	<b>Marketing End Date</b>	
OTC monograph not final	part334	05/16/2019		

**Labeler** - BEST CHOICE (VALU MERCHANDISERS COMPANY) (868703513)

Revised: 6/2019

BEST CHOICE (VALU MERCHANDISERS COMPANY)