#### **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.

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#### 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<sup>®</sup> CAPSULES 3 IN 1 MULTIHEALTH FIBER!<sup>TM</sup>\*

#### **Psyllium Capsules**

100% Natural Psyllium Husk Fiber Laxative/Dietary Supplement

- Helps maintain healthy blood sugar levels as part of your diet\*<sup>†</sup>
- 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 ADMINSTRATION. 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)

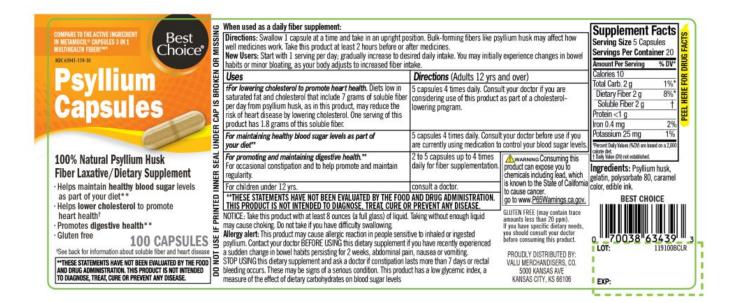
#### **PROUDLY DISTRIBUTED BY:**

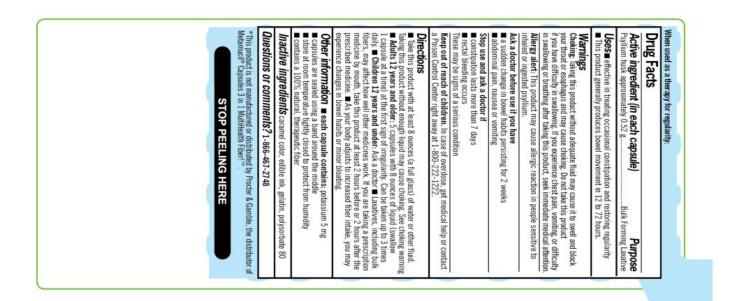
#### VALU MERCHANDISERS, CO.

#### **5000 KANSAS AVE**

#### KANSAS CITY, KS 66106

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





## BEST CHOICE FIBER LAXATIVE

psyllium husk capsule

#### **Product Information**

Product T ype		HUMAN OTC DRUG		Item Code (Source)		NDC:63941-119			
Route of Administra	ntion	ORAL	ORAL						
Active Ingredien	t/Activ	e Moietv							
Ingredient Name Basis o							rength	Strength	
Psyllium Husk (UNII:	0 S HO 534		ium Husk - UNII:0SHO53407G)			Psyllium Husk		0.52 g	
II									
Inactive Ingredients								Strongth	
Ingredient Name CARAMEL (UNII: T9D99G2B1R)							Strength		
GELATIN, UNSPECIFIED (UNII: 2G86QN327L)									
POLYSORBATE 80 (UNII: 60ZP39ZG8H)									
10210010011200 (	01111.00	210020011)							
Product Charact	eristic	S							
Color	r BROWN Score				no score				
Shape		CAPSULE	LE Size			21mm			
Flavor			Imprint	Imprint Code			RP119		
Contains									
Packaging									
# Item Code		Package Des	cription		Marketin	g Start Date	Market	ing End Date	
<b>1</b> NDC:63941-119-10	100 in 1				) 5/16/20 19			0	
Marketing Inf	orma	tion							
Marketing Category A		pplication Number or Monograph Citation			Market	rketing Start Date M		Marketing End Date	
						05/16/2019			
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# Labeler - BEST CHOICE (VALU MERCHANDISERS COMPANY) (868703513)

Revised: 6/2019

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