

**UP AND UP FIBER THERAPY- psyllium husk powder**  
**TARGET CORPORATION**

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**TARGET Fiber 100% NATURAL PSYLLIUM HUSK Orange Flavor Sugar free 72 Teaspoon Doses**

***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.

<b>Adults &amp; children 12 years &amp; older:</b>	1 rounded teaspoon in 8 ounces of liquid at the first sign of irregularity. Can be taken up to 3 times daily.
<b>Children 6-11 yrs :</b>	½ adult dose in 8 ounces of liquid, up to 3 times daily
<b>Children under 6 yrs:</b>	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**
- **PHENYLKETONURICS: CONTAINS PHENYLALANINE**, 25 mg per teaspoon
- store at room temperature. Keep the container tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber

**Inactive ingredients:**

aspartame, citric acid, FD&C yellow 6, maltodextrin, natural and artificial orange flavor, silica.

**Questions or comments?**

**1-800-910-6874**

**PRINCIPAL DISPLAY PANEL**

**NDC 11673-669-72**

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

**FIBER Therapy**

**100% Natural Psyllium Husk**

**Multi-Benefit Daily Fiber Supplement**

- 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

## **SUGAR FREE**

**not a low calorie food**

## **ORANGE SMOOTH**

**Naturally and Artificially Flavored**

**72 Teaspoon †Doses**

NET WT 15 OZ (425 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.**

## **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<sup>®</sup> 4 in 1 MultiHealth Fiber!<sup>™</sup>.

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:**

**Target Corporation.**

**Minneapolis., MN 55403**

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# 100% SCALE

Compare to the fiber content in  
**Metamucil® Sugar Free Powder™**

**SUGAR FREE**  
not a low-calorie food

## psyllium fiber powder

psyllium fiber supplement

4-in-1 fiber

HELPS SUPPORT:  
appetite control\*\*  
heart health by lowering cholesterol†  
healthy blood sugar levels\*\*  
digestive health\*\*



ORANGE  
Naturally and Artificially Flavored

**72**  
TEASPOONS

FILL CONTROLLED BY WEIGHT, NOT VOLUME  
**72 TEASPOONS**  
NET WT 15 OZ (425 g)

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**Supplement Facts**

Serving Size	2 rounded Teaspoons (11.6 g)	1 rounded Teaspoon (5.8 g)
Servings Per Container	About 36	About 72
Amount Per Serving		
Calories	30	15
Total Carbohydrate	10 g 4%*	5 g 2%*
Dietary Fiber	6 g 21%*	3 g 11%*
Soluble Fiber	5 g †	2 g †
Iron	0.7 mg 4%	0.4 mg 2%
Sodium	10 mg <1%	5 mg <1%
Potassium	60 mg 1%	30 mg 1%

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

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

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**Questions?** Call 1-800-910-6874

**GLUTEN FREE**

†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.

**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:**

- **PHENYLKETONURICS: CONTAINS PHENYLALANINE**, 25 mg per teaspoon
- 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)



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

<b>DIGESTIVE HEALTH**</b> by promoting regularity	<b>HEART HEALTH†</b> by lowering cholesterol	<b>HEALTHY BLOOD SUGAR LEVELS**</b> take before each meal	<b>APPETITE CONTROL**</b> take before each meal
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OR

1 ROUNDED TEASPOON up to 3 times per day

2 ROUNDED TEASPOONS 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® Sugar Free Powder.

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LOT:



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EXP:

## UP AND UP FIBER THERAPY

psyllium husk powder

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:11673-669
<b>Route of Administration</b>	ORAL		

### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
<b>PSYLLIUM HUSK</b> (UNII: 0SHO53407G) (PSYLLIUM HUSK - UNII:0SHO53407G)	PSYLLIUM HUSK	3.4 g in 5.79 g

### Inactive Ingredients

Ingredient Name	Strength
<b>ASPARTAME</b> (UNII: Z0H242BBR1)	
<b>ANHYDROUS CITRIC ACID</b> (UNII: XF417D3PSL)	
<b>FD&amp;C YELLOW NO. 6</b> (UNII: H77VEI93A8)	
<b>MALTODEXTRIN</b> (UNII: 7CVR7L4A2D)	

SILICON DIOXIDE (UNII: ETJ7Z6XBU4)

### Product Characteristics

<b>Color</b>	brown (Light Yellowish)	<b>Score</b>	
<b>Shape</b>		<b>Size</b>	
<b>Flavor</b>	ORANGE (natural and artificial)	<b>Imprint Code</b>	
<b>Contains</b>			

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:11673-669-72	425 g in 1 BOTTLE; Type 0: Not a Combination Product	03/15/2018	

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	03/15/2018	

**Labeler** - TARGET CORPORATION (006961700)

Revised: 11/2025

TARGET CORPORATION