

**LIDL ORANGE SMOOTH FIBER POWDER SUGAR FREE NATURALLY AND ARTIFICIALLY FLAVORED- natural psyllium husk powder**  
**LIDL US, LLC**

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**LIDL Fiber 100% NATURAL PSYLLIUM HUSK Orange Flavor Sugar free 114 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 oz 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 oz 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 3 doses per day as necessary. 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
- contains a 100% natural, therapeutic fiber
- store at room temperature tightly closed to protect from humidity

**Inactive ingredients:**

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

**Questions or comments?**

**1-844-656-5151**

**PRINCIPAL DISPLAY PANEL**

**SUGAR FREE**

**NDC 71141-146-32**

**ORANGE SMOOTH**

FIBER POWDER NATURALLY & ARTIFICIALLY FLAVORED

**Compare to Psyllium in Metamucil® 4 in 1 Multihealth Fiber\***

**Fiber POWDER**

100% NATURAL PSYLLIUM HUSK

Bulk forming laxative/fiber supplement

THERAPY FOR REGULARITY

- 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

NET WT 23 OZ (660g)

fill controlled by weight, not volume

†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 UNDER CAP 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\*.

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:**

**Lidl US, LLC**

**3500 S. Clark Street**

**Arlington, VA 22202**

**QUESTIONS?**

**1-844-656-5151**

**[www.lidl.com](http://www.lidl.com)**

**SUGAR FREE** NDC 71141-146-92

**ORANGE SMOOTH**  
FIBER POWDER NATURALLY & ARTIFICIALLY FLAVORED

Compare to Psyllium in Metamucil® 4 in 1 MultiHealth Fiber\*

**Fiber POWDER**  
100% NATURAL PSYLLIUM HUSK  
Bulk forming laxative/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

NET WT 23 OZ (660 g)  
\*all controlled by weight, not volume

\*See box for information about soluble fiber and heart disease.

**Notice:** Put 1 dose of product into an empty glass. Mix this product with at least 8 oz. (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 3 doses per day as necessary. 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. & 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 oz. 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 oz. of liquid up to 3 times daily for fiber supplementation. For occasional constipation and to help promote and maintain regularity. **For children under 12:** consult a doctor.

**Supplement Facts**

Serving Size	2 rounded tsp (11.6g)	1 rounded tsp (5.8g)
Servings Per Container	About 57	About 114
Amount per Serving	%DV*	%DV*
Calories	45	20
Total Carbohydrate	11 g 4%	5 g 2%
Dietary Fiber	6 g 24%**	3 g 12%**
Soluble Fiber	5 g †	2 g †
Sugars	0 g †	0 g †
Iron	1.4 mg 8%	0.7 mg 4%
Sodium	10 mg <1%	5 mg <1%
Potassium	70 mg 2%	35 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 & Artificial Orange Flavor, Silica, Aspartame, FD&C Yellow 6.

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 an 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 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily.
<b>Children 6-11 yrs:</b>	1/2 adult dose in 8 oz 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 increase to 3 doses per day as necessary. 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
- contains a 100% natural, therapeutic fiber
- store at room temperature tightly closed to protect from humidity

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

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LOT:  
EXP:

**LIDL ORANGE SMOOTH FIBER POWDER SUGAR FREE NATURALLY AND ARTIFICIALLY FLAVORED**

natural psyllium husk powder

Product Information			
<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:71141-146
<b>Route of Administration</b>	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 5.8 g

Inactive Ingredients	
Ingredient Name	Strength
ASPARTAME (UNII: Z0H242BBR1)	
ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)	
FD&C YELLOW NO. 6 (UNII: H77VEI93A8)	

**MALTODEXTRIN** (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>	RP146
<b>Contains</b>			

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:71141-146-32	660 g in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product	11/15/2018	

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	11/15/2018	

**Labeler -** LIDL US, LLC (079389709)

Revised: 9/2025

LIDL US, LLC