

**NATURAL ORANGE FLAVOR ORGANIC NATURAL FIBER- psyllium husk powder**  
**Raritan Pharmaceuticals Inc**

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**Active ingredient (in each TABLESPOON)**

Psyllium Hydrophilic Mucilloid 3.4g

**Purpose**

Fiber therapy for regularity

**Use**

for relief of occasional constipation (regularity)

**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**

- 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 thickness, add more liquid and stir.

**Adults 12 years & older:** 1 rounded TABLESPOON in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours.

**Children under 12 yrs:** Consult a doctor before use

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. As your body adjusts to increase fiber intake, you may experience changes in bowel habits or minor bloating.

**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.

## Keep Out of Reach of Children

## Other information

- **each tablespoon contains:** potassium 35 mg; sodium 5 mg
- Store at room temperature tightly closed to protect from humidity
- Do not use if printed seal under cap is torn or missing
- Contains a 100% natural, therapeutic fiber

‡Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from fiber such as NuSyllium may reduce the risk of heart disease by lowering cholesterol.

\*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 SEAL UNDER CAP IS TORN OR MISSING**

## Questions or comments?

1-866-467-2748

## Inactive ingredients

Natural citric acid, natural flavors, Organic Brown Cane Sugar, Organic Vegetable Glycerin.

## Principal Display Panel

**NDC 68163-571-72**

NuSyllium

Natural Orange Flavor

Organic Natural Fiber

100% Organic Certified Psyllium

Perfect Grind For Easy Mixing™

**USDA ORGANIC**

**NO ARTIFICIAL INGREDIENTS**

**100% Natural Fiber Supplement**

**Fiber Laxative for Regularity**

**Made with 100% Organic Brown Cane Sugar**

**Folks are taking about the Benefits of NuSyllium Organic Natural Fiber!**

- **You can use NuSyllium to feel less hungry between meals.**
- **Maintain healthy blood sugar levels by using NuSyllium Ultra as part of your sugar free diet\*. Talk to your doctor before use if you are taking medication to control your blood sugar levels.**
- **Organic NuSyllium is a great choice for promoting and maintain digestive health. You can use NuSyllium Ultra for occasional constipation and to help promote and maintain regularity.**
- **Did you know that one dose of NuSyllium Ultra contains 2 gm. of soluble fiber? You can use it for lowering cholesterol and promoting heart health\*.**

**No Artificial Flavors, Peanut-free**

**No Artificial Colors, Tree Nut-free**

**GMO-free, Preservative-free**

**Gluten-free, Zero Trans Fat**

**Diary-free**

**NET WT 30.5 OZ (864 g) 72 DOSES**

**Fill controlled by weight, not volume**

**Made in the U.S.A. with domestic and foreign components.**

**Distributed by: Lifelab Health LLC**

**6574 N.State Road #7 361**

**Coconut Creek, FL 33073**



**Contains****Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:68163-571-72	864 g in 1 CANISTER; Type 0: Not a Combination Product	03/20/2019	

**Marketing Information**

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	03/20/2019	

**Labeler** - Raritan Pharmaceuticals Inc (127602287)

Revised: 11/2023

Raritan Pharmaceuticals Inc