

**FIBER CAPLETS- calcium polycarbophil tablet, film coated  
THE KROGER CO.**

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**Kroger 140 Fiber Caplets Calcium Polycarbophil**

***Drug Facts***

**Active Ingredient (in each caplet)**

Calcium polycarbophil 625 mg  
equivalent to 500 mg polycarbophil

**PURPOSE**

Bulk-forming laxative

***USES***

- relieves occasional constipation to help restore and maintain regularity
- this product generally produces bowel movement in 12 to 72 hours

**Choking Warning:** 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.

**Ask a doctor before use if you have**

- abdominal pain, nausea, or vomiting
- a sudden change in bowel habits that persists over a period of 2 weeks

**Ask your doctor or pharmacist before use if you are**

taking any other drug. Take this product 2 or more hours before or after other drugs. All laxatives may affect how other drugs work.

**When using this product**

- do not use for more than 7 days unless directed by a doctor
- do not take more than 8 caplets in a 24 hour period unless directed by a doctor

**Stop use and ask a doctor if**

rectal bleeding occurs or if you fail to have a bowel movement after use of this or any other laxative. These could 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 each dose of 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).
- this product works naturally so continued use for one to three days is normally required to provide full benefit. Dosage may vary according to diet, exercise, previous laxative use or severity of constipation.

<b>Age</b>	<b>Recommended dose</b>	<b>Daily maximum</b>
adults & children 12 years of age and over	2 caplets once a day	up to 4 times a day
children under 12 years	consult a physician	

***Other information***

- **each caplet contains:**calcium 125 mg
- store at room temperature
- protect contents from moisture

**DO NOT USE IF PRINTED SEAL UNDER CAP IS TORN OR MISSING**

calcium carbonate, caramel color, crospovidone, hypromellose, magnesium stearate, maltodextrin, microcrystalline cellulose, polyethylene glycol, silicon dioxide, sodium lauryl sulfate.

***Questions or Comments?***

**1-800-632-6900**

**PRINCIPAL DISPLAY PANEL**

NDC# 30142-132-14

**\*COMPARE TO the active ingredients of FIBERCON <sup>®</sup>CAPLETS**

**\*See side panel**

**Fiber Caplets**

**Calcium Polycarbophil 625 mg**

Bulk-Forming

Fiber Laxative

- Gentle Relief of Constipation
- Won't Cause Gas or Bloating
- As effective as Fiber Powders

**140 CAPLETS**

**DIST. BY: THE KROGER CO.**

**CINCINNATI, OHIO 45202**

# QUALITY GUARANTEE

800-632-6900

www.kroger.com

\*Fibercon<sup>®</sup> is a registered trademark of Pfizer Inc., New York, NY 10017. Pfizer Inc., is not affiliated with The Kroger Co. or this product.

COMPARE TO the active ingredient of FIBERCON<sup>®</sup> CAPLETS \*See side panel

NDC 30142-132-14



## Fiber Caplets

**Calcium Polycarbophil Bulk-Forming Fiber Laxative**



actual size

Gentle Relief of Constipation  
Won't Cause Gas or Bloating  
As Effective as Fiber Powders

140 CAPLETS

DO NOT USE IF PRINTED SEAL UNDER CAP IS BROKEN OR MISSING

Drug Facts	Drug Facts (continued)									
<p><b>Active ingredient (in each caplet)</b> Calcium polycarbophil 625 mg equivalent to 500 mg polycarbophil.....Bulk-forming laxative</p> <p><b>Purpose</b> Bulk-forming laxative</p> <p><b>Uses</b> ■ relieves occasional constipation to help restore and maintain regularity ■ this product generally produces bowel movement in 12 to 72 hours.</p> <p><b>Warnings</b> <b>Choking:</b> 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. ■ a sudden change in bowel habits that persists over a period of 2 weeks.</p> <p><b>Ask your doctor before use if you have</b> ■ abdominal pain, nausea or vomiting ■ a sudden change in bowel habits that persists over a period of 2 weeks.</p> <p><b>Ask your doctor or pharmacist before use if you are</b> taking any other drug. Take this product 2 or more hours before or after other drugs. All laxatives may affect how other drugs work.</p> <p><b>When using this product</b> ■ do not use for more than 7 days unless directed by a doctor ■ do not take more than 8 caplets in a 24 hour period unless directed by a doctor</p> <p><b>Stop use and ask a doctor if</b> rectal bleeding occurs or if you fail to have a bowel movement after use of this or any other laxative.</p>	<p>These could be signs of a serious condition. <b>Keep out of reach of children.</b> In case of overdose, get medical help or contact a Poison Control Center right away 1-800-222-1222</p> <p><b>Directions</b> ■ take each dose of 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. ■ this product works naturally so continued use for one to three days is normally required to provide full benefit. Dosage may vary according to diet, exercise, previous laxative use or severity of constipation</p> <table border="1" style="width: 100%; border-collapse: collapse; font-size: 0.7em;"> <thead> <tr> <th>age</th> <th>recommended dose</th> <th>daily maximum</th> </tr> </thead> <tbody> <tr> <td>adults &amp; children 12 years of age and over</td> <td>2 caplets once a day</td> <td>up to 4 times a day</td> </tr> <tr> <td>children under 12 years</td> <td colspan="2">consult a physician</td> </tr> </tbody> </table> <p><b>Other information</b> ■ each caplet contains: calcium 125 mg ■ store at room temperature ■ protect contents from moisture</p> <p><b>Inactive ingredients</b> calcium carbonate, caramel color, crospovidone, hypromellose, magnesium stearate, maltodextrin, microcrystalline cellulose, polyethylene glycol, silicon dioxide, sodium lauryl sulfate</p> <p><b>Questions or comments?</b> 1-800-632-6900</p>	age	recommended dose	daily maximum	adults & children 12 years of age and over	2 caplets once a day	up to 4 times a day	children under 12 years	consult a physician	
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QUALITY GUARANTEE

800-632-6900  
www.kroger.com

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LOT: \_\_\_\_\_

EXP: \_\_\_\_\_

DISTRIBUTED BY THE KROGER CO., CINCINNATI, OHIO 45202

\*FiberCon<sup>®</sup> is a registered trademark of Pfizer Inc., New York, NY 10017. Pfizer Inc. is not affiliated with The Kroger Co. or this product.

## FIBER CAPLETS

calcium polycarbophil tablet, film coated

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:30142-132
<b>Route of Administration</b>	ORAL		

### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
<b>CALCIUM POLYCARBOPHIL</b> (UNII: 8F049NKY49) (POLYCARBOPHIL - UNII:W25LM17A4W)	CALCIUM POLYCARBOPHIL	625 mg

### Inactive Ingredients

Ingredient Name	Strength
<b>CALCIUM CARBONATE</b> (UNII: H0G9379FGK)	
<b>CARAMEL</b> (UNII: T9D99G2B1R)	
<b>CROSPVIDONE (120 .MU.M)</b> (UNII: 68401960MK)	
<b>HYPROMELLOSE, UNSPECIFIED</b> (UNII: 3NXW29V3WO)	
<b>MAGNESIUM STEARATE</b> (UNII: 70097M6I30)	
<b>MALTODEXTRIN</b> (UNII: 7CVR7L4A2D)	
<b>MICROCRYSTALLINE CELLULOSE</b> (UNII: OP1R32D61U)	
<b>POLYETHYLENE GLYCOL, UNSPECIFIED</b> (UNII: 3WJQ0SDW1A)	
<b>SILICON DIOXIDE</b> (UNII: ETJ7Z6XBU4)	

**SODIUM LAURYL SULFATE** (UNII: 368GB5141J)

### Product Characteristics

<b>Color</b>	brown (light)	<b>Score</b>	2 pieces
<b>Shape</b>	OVAL	<b>Size</b>	19mm
<b>Flavor</b>		<b>Imprint Code</b>	RP120
<b>Contains</b>			

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:30142-132-14	140 in 1 BOTTLE; Type 0: Not a Combination Product	11/26/2019	

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	11/26/2019	

**Labeler** - THE KROGER CO. (006999528)

Revised: 8/2025

THE KROGER CO.