MEIJER NATURAL DAILY FIBER SUGAR FREE BERRY FLAVOR- psyllium husk powder
MEIJER DISTRIBUTION INC

Meijer Fiber Powder 100% Natural Psyllium Husk Berry 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.

Adults & children 12 years & older:	1 rounded teaspoon in 8 ounces of liquid at the first sign of irregularity. Can be taken up to 3 times daily.
Children 6 – 11 yrs :	½ adult dose in 8 ounces of liquid, up to 3 times daily
Children under 6 yrs:	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:

acesulfame potassium, aspartame, citric acid, FD&C Blue 1, FD&C Red 40, maltodextrin, natural and artificial flavors, silica.

Questions or comments?

1-866-467-2748

PRINCIPAL DISPLAY PANEL

meijer ®

NDC# 41250-524-11

Compare to Metamucil® 4 in 1 MultiHealth Fiber! ™Fiber Content*

Fiber Powder

100% NATURAL PSYLLIUM HUSK

MultiHealth Daily Fiber Supplement Therapy for Regularity

SUGAR FREE

not a low calorie food

Berry Flavor

Naturally and Artificially Flavored

- 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

114 teaspoons‡ doses

‡Serving size varies. See DIRECTIONS on back panel for more information

K PAREVE

NET WT 23.3 OZ (1.4 LB) (660g)

fill controlled by weight, not volume

†See back for information about soluble fiber and heart 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.

This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.

TAMPER EVIDENT: DO NOT USE IF PRINTED INNER SEAL IS BROKEN OR MISSING

****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.**

OUR QUALITY GURANTEE

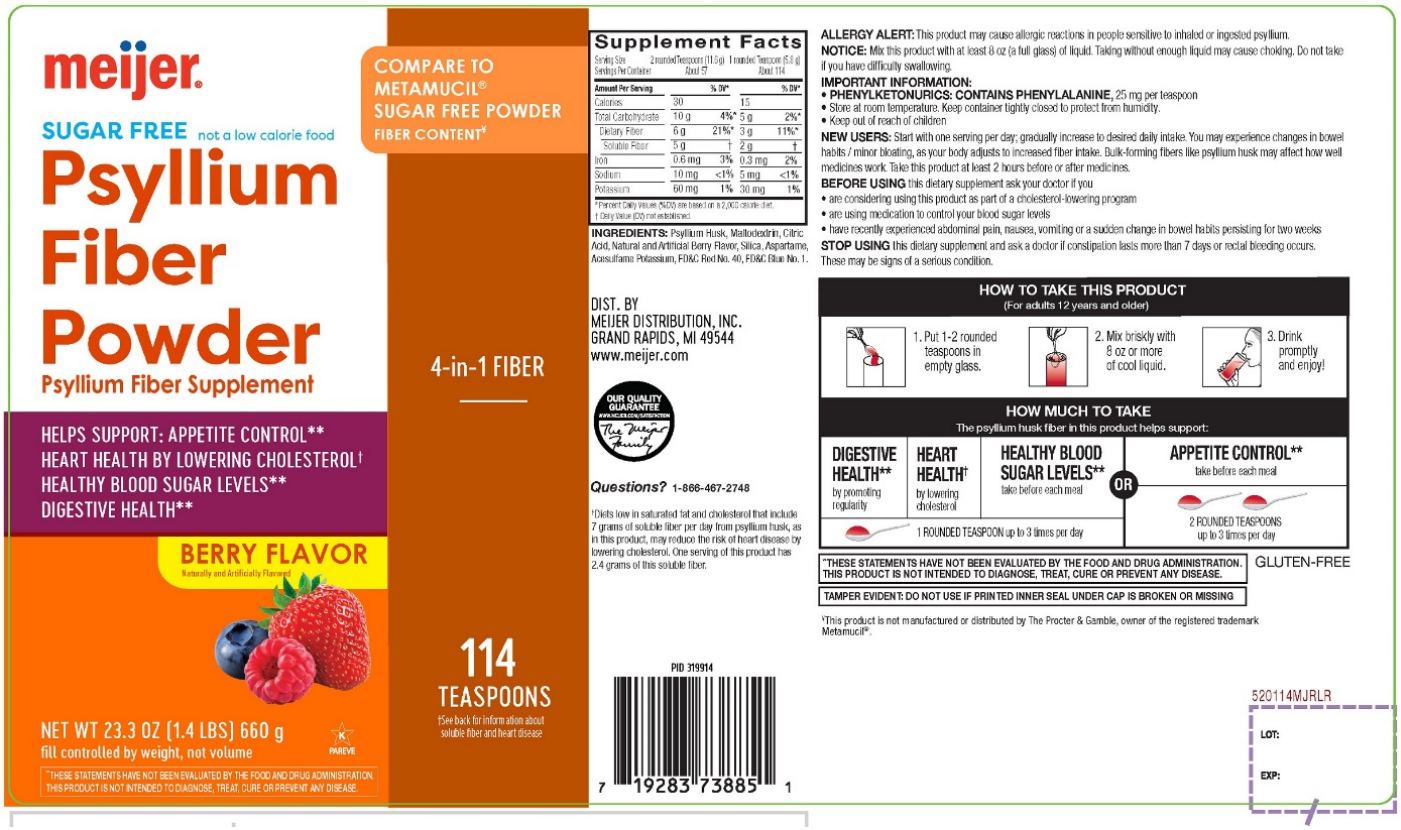
WWW.MEIJER.COM/SATISFACTION

DIST. BY MEIJER DISTRIBUTION, INC.

GRAND RAPIDS, MI 49544

www.meijer.com

*This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil® 4 in 1 MultiHealth Fiber!™



MEIJER NATURAL DAILY FIBER SUGAR FREE BERRY FLAVOR

psyllium husk powder

Product Information			
Product Type	HUMAN OTC DRUG	**Item Code (Source)**	NDC:41250-524
Route of Administration	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 5.78 g

Inactive Ingredients

Ingredient Name	Strength
ACESULFAME POTASSIUM (UNII: 23OV73Q5G9)	
ASPARTAME (UNII: Z0H242BBR1)	
ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)	
FD&C BLUE NO. 1 (UNII: H3R47K3TBD)	
FD&C RED NO. 40 (UNII: WZB9127XOA)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	

Product Characteristics

Color		**Score**	
Shape		**Size**	
Flavor	BERRY	**Imprint Code**	
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:41250-524-11	660 g in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product	03/17/2017	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	03/17/2017	

Labeler - MEIJER DISTRIBUTION INC (006959555)

Revised: 10/2025

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