

SMOOTH TEXTURE ORANGE FLAVOR - psyllium husk powder, for suspension
Select Brand

Disclaimer: Most OTC drugs are not reviewed and approved by FDA, however they may be marketed if they comply with applicable regulations and policies. FDA has not evaluated whether this product complies.

Select Brand Smooth texture Orange Flavor Natural Fiber Laxative

Active ingredient (per each rounded tablespoon=12 g)

Psyllium husk 3.4 g

Purpose

Bulk-forming laxative

Uses

- effective in treating occasional constipation and restoring regularity

Warnings

Allergy alert: May cause allergic reaction in people sensitive to ingested or inhaled psyllium

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.

Ask a doctor before use if you have

- abdominal pain, nausea or vomiting
- a sudden change in bowel habits persisting for 2 weeks

Ask a doctor or pharmacist before use if you are

taking any other drug. Laxatives may affect how other drugs work.

When using this product

- do not exceed the maximum recommended daily dosage in a 24-hour period
- you may experience changes in bowel habits or minor bloating as your body adjusts to increased fiber intake

Stop use and ask a doctor if

constipation lasts more than 7 days

rectal bleeding occurs

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.

Directions

- take at the first sign of irregularity up to 3 times a day
- put one dose into an empty glass
- fill glass with 8oz of water or favorite beverage
- stir briskly and drink promptly
- if mixture thickens add more water and stir
- take 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.
- 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 dose per day; gradually increase to 3 doses per day as necessary

adults and children 12 years and over	1 rounded tablespoon
6 to under 12 years	1/2 tablespoon
under 6 years	ask a doctor

Other information

- each tablespoon contains: potassium 30 mg and sodium 5 mg
- store at (20°-25°C) 68°-77°F

Inactive ingredients

citric acid, FD&C yellow 6, natural and artificial flavor, sucrose, silicon dioxide

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

Fiber Supplement information

Uses Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium seed husk, may reduce the risk of heart disease by lowering cholesterol levels. One ADULT serving provides 2.4 grams of soluble fiber. Consult a doctor if you are considering use of the products as part of a cholesterol-lowering program.

Warnings Read entire label, including warnings in Drug Facts

Directions Adults 12 years and older: 1 rounded TABLESPOON (tbsp) in 8 oz of liquid 3 times daily.

Children under 12 years: Consult a doctor.

NOTICE: Mix this product with at least 8 ounces (a full glass) of liquid. Taking this product without enough liquid may cause choking. Do not take if you have difficulty swallowing. **See choking warning.**

PDP

Select Brand

Compare to the active ingredient in Metamucil®

Natural Fiber Laxative

Natural Psyllium Fiber

orange flavor smooth texture

net wt 30.4 OZ. (862 g) 72 tablespoon doses

Fill controlled by weight, not volume

72
TABLESPOON
DOSES

select brand
the lower price name brand

**ORANGE
FLAVOR**

Natural

FIBER

Laxative

SMOOTH TEXTURE

*Compare to the Active
Ingredient in Metamucil®

• NATURAL PSYLLIUM FIBER

NET WT 30.4 OZ. (862 g)
Fill controlled by weight, not volume

NDC 15127-872-30

FIBER LAXATIVE

Drug Facts

Active ingredient (per each rounded tablespoon = 12 g)
Psyllium husk 3.4 g.....Bulk-forming laxative

Purpose
Bulk-forming laxative

Uses
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Warnings
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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.

Ask a doctor before use if you have
■ abdominal pain, nausea or vomiting
■ a sudden change in bowel habits persisting for 2 weeks

Ask a doctor or pharmacist before use if you are taking any other drug. Laxatives may affect how other drugs work.

When using this product
■ do not exceed the maximum recommended daily dosage in a 24-hour period
■ you may experience changes in bowel habits or minor bloating as your body adjusts to increased fiber intake

Stop use and ask a doctor if
■ constipation lasts more than 7 days
■ rectal bleeding occurs
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.

MFR 5941 REV 1010



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READ ENTIRE LABEL INCLUDING WARNINGS IN DRUG FACTS.

NOTE SEPARATE USES

Drug Facts (continued)

Directions
■ take at the first sign of irregularity up to 3 times a day
■ put one dose into an empty glass
■ fill glass with 8oz of water or favorite beverage
■ stir briskly and drink promptly
■ if mixture thickens add more water and stir
■ take 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.
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■ **New Users:** Start with 1 dose per day; gradually increase to 3 doses per day as necessary

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6 to under 12 years	1/2 tablespoon
under 6 years	ask a doctor

Other information
■ each tablespoon contains: potassium 30 mg and sodium 5 mg
■ store at (20°-25°C) 68°-77°F

Inactive ingredients citric acid, FD&C yellow #6 lake, natural and artificial orange flavor, silicon dioxide, sucrose.

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

*This product is not manufactured or distributed by Procter & Gamble, the distributor of METAMUCIL®.

Distributed by: **SELECT BRAND DISTRIBUTORS**
Pine Bluff, AR 71603 USA AC (870) 535-3635
MADE IN THE U.S.A.

DIETARY FIBER SUPPLEMENT

Fiber Supplement Information

Uses Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium seed husk, may reduce the risk of heart disease by lowering cholesterol levels. One ADULT serving provides 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of the product as part of a cholesterol-lowering program.

Warnings Read entire label, including warnings in **Drug Facts**.

Directions **Adults 12 years & older:** 1 rounded TABLESPOON (tbsp) in 8 oz. of liquid 3 times daily.
Children under 12 years: Consult a doctor.

NOTICE: Mix this product with at least 8 ounces (a full glass) of liquid. Taking this product without enough liquid may cause choking. Do not take if you have difficulty swallowing. See **choking warning**.

Supplement Facts
Serving Size: 1 rounded Tbsp. (12 g)
Servings Per Container: 72

Amount Per Serving	% DV*
Calories 45	
Total Carb. 12 g	4%*
Dietary Fiber 3 g	12%*
Soluble Fiber 2 g	†
Sugars 9 g	†
Iron 1 mg	4%
Sodium 5 mg	<1%
Potassium 30 mg	<1%

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

Ingredients: Sucrose, Psyllium Husk, Citric Acid, Natural and Artificial Orange Flavor, FD&C Yellow #6 lake, Silicon Dioxide.

LOT: _____
EXP: _____

SMOOTH TEXTURE ORANGE FLAVOR

psyllium husk powder, for suspension

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:15127-872
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 12 g

Inactive Ingredients

Ingredient Name	Strength
SUCROSE (UNII: C151H8M554)	
ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)	
FD&C YELLOW NO. 6 (UNII: H77VEI93A8)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	

Product Characteristics

Color	brown	Score
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Shape		Size	
Flavor	ORANGE	Imprint Code	
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:15127-872-30	862 g in 1 CANISTER		

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	04/04/2010	

Labeler - Select Brand (043562370)

Revised: 9/2014

Select Brand