

MEIJER NATURAL FIBER- psyllium husk powder
MEIJER DISTRIBUTION INC

Meijer ® Natural Fiber 100% Natural Psyllium Husk 114 teaspoons

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 oz 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 oz 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 tablespoon contains: **potassium 35 mg; sodium 5 mg**
- contains a 100% natural, therapeutic fiber
- store at room temperature. Keep the container tightly closed to protect from humidity

Inactive ingredients

silica, sucrose

Questions or comments?

1-866-467-2748

PRINCIPAL DISPLAY PANEL

meijer ®

NDC 41250-414-11

Compare to the Metamucil ® 4 in 1 MultiHealth Fiber!™ fiber content°

fiber powder

100%Natural Psyllium Husk

MultiHealth Daily Fiber Supplement

Therapy for Regularity

Original Coarse

- 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 teaspoon‡ doses

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

NET WT 29 OZ (1.8 LBS) 822 g

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 IS BROKEN OR MISSING

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

SF SUGAR FREE

GF GLUTEN FREE

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.

MEIJER PHARMACISTS RECOMMEND

MONEY BACK GUARANTEE

DIST. BY MEIJER DISTRIBUTION, INC.

GRAND RAPIDS, MI 49544

www.meijer.com

meijer.

Psyllium Fiber Powder

Psyllium Fiber Supplement

HELPS SUPPORT: APPETITE CONTROL**
HEART HEALTH BY LOWERING CHOLESTEROL†
HEALTHY BLOOD SUGAR LEVELS**
DIGESTIVE HEALTH**

UNFLAVORED

NET WT 29 OZ (1.8 LBS) 822 g
fill controlled by weight, not volume

**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.

COMPARE TO
METAMUCIL®
UNFLAVORED POWDER
FIBER CONTENT*

4-in-1 FIBER
Original Coarse

114
TEASPOONS

see back for information about
soluble fiber and heart disease

Supplement Facts

Serving Size	2 rounded Teaspoons (14 g)	1 rounded Teaspoon (7 g)
Servings Per Container	Abt 57	Abt 114
Amount Per Serving	% DV*	% DV*
Calories	40	20
Total Carbohydrate	13 g 5%	7 g 3%
Dietary Fiber	8 g 21%	3 g 11%
Soluble Fiber	5 g †	3 g †
Total Sugars	7 g †	4 g †
Includes Added Sugars	7 g 14%	4 g 8%
Iron	0.7 mg 4%	0.4 mg 2%
Sodium	10 mg <1%	5 mg <1%
Potassium	80 mg 1%	30 mg 1%

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

INGREDIENTS: Sucrose, Psyllium Husk, Silica.

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www.meijer.com



Questions? 1-866-467-2748

*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.



ALLERGY ALERT: This product may cause allergic reactions in people sensitive to inhaled or ingested psyllium.

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

IMPORTANT INFORMATION:

- Store at room temperature. Keep container tightly closed to protect from humidity.
- Keep out of reach of children.

NEW USERS: Start with one serving per day; gradually increase to desired daily intake. You may experience changes in bowel habits / minor bloating, as your body adjusts to increased fiber intake. Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.

BEFORE USING this dietary supplement- ask your doctor if you

- are considering using this product as part of a cholesterol-lowering program
- are using medication to control your blood sugar levels

• have recently experienced abdominal pain, nausea, vomiting or a sudden change in bowel habits persisting for two weeks

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.

HOW TO TAKE THIS PRODUCT

(For adults 12 years and older)



1. Put 1-2 rounded teaspoons in empty glass.



2. Mix briskly with 8 oz or more of cool liquid.



3. Drink promptly and enjoy!

HOW MUCH TO TAKE

The psyllium husk fiber in this product helps support:

DIGESTIVE HEALTH**
by promoting regularity

HEART HEALTH†
by lowering cholesterol

HEALTHY BLOOD SUGAR LEVELS**
take before each meal

APPETITE CONTROL**
take before each meal

OR



1 ROUNDED TEASPOON up to 3 times per day



2 ROUNDED TEASPOONS up to 3 times per day

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GLUTEN-FREE

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

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51114MJRLR

LOT:

EXP:

MEIJER NATURAL FIBER

psyllium husk powder

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:41250-414
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
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
SUCROSE (UNII: C151H8M554)	

Product Characteristics

Color	brown	Score	
Shape		Size	
Flavor	ORANGE	Imprint Code	
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:41250-414-11	1368 g in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product	03/14/2017	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	03/14/2017	

Labeler - MEIJER DISTRIBUTION INC (006959555)

Revised: 10/2025

MEIJER DISTRIBUTION INC