

**GOOD NEIGHBOR PHARMACY NATURAL FIBER- psyllium husk capsule**  
**AmerisourceBergen Drug Corporation**

*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.*

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**Good Neighbor Pharmacy Natural Fiber**

**Drug Facts**

**Active ingredient (in each capsule)**

Psyllium husk approx. 0.52 g

**Purpose**

Bulk-forming laxative

**Uses**

- relieves occasional constipation and helps restore regularity
- this product 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 an allergic reaction in people sensitive to inhaled or ingested psyllium

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

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

**Stop use and ask a doctor if**

- you fail to have a bowel movement after use or have rectal bleeding. These could be signs of a serious condition.
- symptoms persist more than 1 week

**Keep out of the reach of children.**

In case of overdose, get medical help or contact a Poison Control Center immediately.

**Directions**

- take this product (child or adult dose) with a full glass of water (8 oz.) or other fluid. Taking this product without enough liquid may cause choking. See choking warning.
- swallow one capsule at a time
- daily maximum 3 doses
- dosage will vary according to diet, exercise, previous laxative use or severity of constipation

- adults and children 12 years & older: 5 capsules, 1 to 3 times a day
- children 6 to 11 years: consider use of powder form of product
- children under 6 years: ask a doctor
- Laxatives, including bulk fibers, 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 increased fiber intake, you may experience changes in bowel habits or minor bloating.

### Other information

- store at room temperature
- protect contents from moisture


### Inactive Ingredients

acacia, black iron oxide, caramel color, gelatin, polysorbate 80.

### Good Neighbor Pharmacy Natural Fiber

NDC 46122-0100-06

Compare Against Metamucil® Capsules\*




## Natural Fiber

**Fiber Laxative / Dietary Supplement**

relieves constipation  
restores regularity  
100% natural psyllium fiber

**160 capsules**



**Fiber Supplement Information**

**Uses** An easy way to increase your daily fiber intake. 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 provides 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of this product as part of a cholesterol-lowering program.

**Warnings**  
Read entire label, including warnings in Drug Facts Under Peel-back.

**Directions** Adults 12 yrs. & older: 2-6 capsules for increasing daily fiber intake; 6 capsules for cholesterol lowering use. Take this product with 8 oz. of liquid (swallow 1 capsule at a time) up to 3 times daily. **NOTICE** Take this product with at least 8 oz. (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: 6 Capsules  
Servings Per Container: About 26

Amount Per Serving	% DV*
Calories 10	
Total Carb. 3 g	1%
Dietary Fiber 3 g	11%*
Soluble Fiber 2 g	†
Protein Less than 1 gram	
Iron 0.4 mg	2%
Potassium 30 mg	<1%


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

**INGREDIENTS:** Psyllium husk, gelatin, polysorbate 80, caramel color, acacia, black iron oxide.  
\*This product is not manufactured or distributed by Procter & Gamble, the distributor of METAMUCIL® Capsules.

LOT: \_\_\_\_\_  
UNVARISHED AREA TO BE LEFT BLANK FOR LOT & EXP. INFORMATION (LINE DOES NOT PRINT)

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

MFR 53041 REV 0115



Distributed By  
AmerisourceBergen  
1300 Morris Drive  
Chesterbrook, PA 19087  
Visit us at  
[www.goodneighborpharmacy.com](http://www.goodneighborpharmacy.com)

PEEL HERE FOR DRUG FACTS



0 877 0139989 3  
ABC# 023-073

NOTE NEW UNVARISHED AREA OF 1 1/4" W x 1/2" H

# GLUE AREA (NO COPY)

**Drug Facts**

**Active Ingredient (in each capsule)** Psyllium husk (approx. 0.52 g).....**Purpose** Bulk-forming laxative

**Uses** relieves: ■ occasional constipation ■ helps restore regularity  
■ this product generally produces bowel movement in 12 - 72 hours

**Warnings**  
Choking: Taking this product without adequate fluid may cause the swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty 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 an allergic reaction in people sensitive to hydroxypropylmethylcellulose.

**Ask a doctor before use if you have**  
■ abdominal pain, nausea or vomiting ■ difficulty in swallowing  
■ a sudden change in bowel habits that persists over a period of 2 weeks

**Stop use and ask a doctor if**  
■ you fail to have a bowel movement after use or have rectal bleeding. These could be signs of a serious condition. ■ symptoms persist more than 1 week  
Keep out of the reach of children. In case of overdose, get medical help or contact a Poison Control Center immediately.

**Directions** ■ take this product (child or adult dose) with a full glass of water (8 oz.) or other fluid. Taking this product without enough liquid may cause choking. See choking warning. ■ swallow one capsule at a time ■ daily maximum 30 doses ■ dosage will vary according to diet, source, psyllium husk use or severity of constipation adults and children 12 years & older 5 capsules, 1 to 3 times a day children 6 to 11 years consider use of powder form of product children under 6 years ask a doctor

laxatives, including bulk fibers, 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 increased fiber intake, you may experience changes in bowel habits or minor bloating.

**Other information** ■ store at room temperature ■ protect contents from moisture

**Inactive ingredients** iron black iron oxide, caramel color, gelatin, polyethylene glycol

Stop Peeling Here

# GOOD NEIGHBOR PHARMACY NATURAL FIBER

psyllium husk capsule

## Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:46 122-100
<b>Route of Administration</b>	ORAL		

## Active Ingredient/Active Moiety

<b>Ingredient Name</b>	<b>Basis of Strength</b>	<b>Strength</b>
PSYLLIUM HUSK (UNII: 0SHO53407G) (PSYLLIUM HUSK - UNII:0SHO53407G)	PSYLLIUM HUSK	.52 g

## Inactive Ingredients

<b>Ingredient Name</b>	<b>Strength</b>
ACACIA (UNII: 5C5403N26O)	
BROWN IRON OXIDE (UNII: 1N032N7MFO)	
GELATIN (UNII: 2G86QN327L)	
POLYSORBATE 80 (UNII: 6OZP39ZG8H)	

## Product Characteristics

<b>Color</b>	brown	<b>Score</b>	no score
<b>Shape</b>	capsule	<b>Size</b>	20 mm
<b>Flavor</b>		<b>Imprint Code</b>	G;650
<b>Contains</b>			

## Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:46 122-100-06	160 in 1 BOTTLE; Type 0: Not a Combination Product		

## Marketing Information

<b>Marketing Category</b>	<b>Application Number or Monograph Citation</b>	<b>Marketing Start Date</b>	<b>Marketing End Date</b>
OTC monograph not final	part334	07/12/2010	

**Labeler** - AmerisourceBergen Drug Corporation (007914906)

## Establishment

<b>Name</b>	<b>Address</b>	<b>ID/FEI</b>	<b>Business Operations</b>
Guardian Drug Company		119210276	manufacture(46 122-100) , label(46 122-100)