

HEB FIBER THERAPY- methylcellulose powder, for solution
HEB

HEB Fiber Therapy Methylcellulose 2 g Bulk Forming Laxative

***Active ingredient*(in each rounded tablespoon)**

(in each rounded tablespoon)

Methylcellulose (a non-allergenic fiber) 2g

Purpose

Bulk-forming fiber laxative

Uses

- relieves constipation (irregularity)
- generally produces a 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.

Ask a doctor before use if you have

- a sudden change in bowel habits that persists for two weeks
- abdominal pain, nausea or vomiting

Stop use and ask a doctor if

- constipation lasts more than 7 days
- you have rectal bleeding

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

- **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**

- use product at the first sign of constipation or irregularity
- put one dose in a full glass of cold water
- stir briskly and drink promptly
- drinking another glass of water is helpful

Age	Dose
adults & children 12 years of age and over	start with 1 heaping tablespoon . Increase as needed, 1 heaping tablespoon at a time, up to 3 times per day.
children 6 - 11 years of age	start with 2.5 level teaspoons . Increase as needed, 2.5 level teaspoons at a time, up to 3 times per day.
children under 6 years of age	consult a physician

Other information

- each heaping tablespoon contains: **calcium 85mg and potassium 125mg**
- each heaping tablespoon contributes 24 calories from maltodextrin
- store below at room temperature
- protect contents from humidity
- keep tightly closed

Inactive ingredients

citric acid, FD&C yellow #6 lake, flavor, maltodextrin, potassium citrate, silica, sucralose, tricalcium phosphate,

Questions or comments?

1-866-467-2748

Principal Display Panel

HEB ®

Compare to the Active Ingredient in Citrucel ® Powder*

NDC 37808-716-16

Fiber

METHYLCELLULOSE FIBER THERAPY

- **Gentle and clinically proven effective****
- **Gives you additional fiber to help balance your diet**
- **Won't cause excess gas****

SUGAR FREE

ORANGE FLAVOR

Naturally & Artificially Flavored

NET WT 16.9 OZ (1.06 LB) (479g)

Directions for use:

1. Fill glass with at least 8 ounces of cold water.
2. Add the recommended dose listed in directions.
3. Stir briskly until dissolved completely and drink promptly .Drinking an additional glass of water is helpful.

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

GLUTEN FREE

*This product is not manufactured or distributed by GlaxoSmithKline, the distributor of Citrucel®.

MADE WITH PRIDE & CARE FOR H-E-B

SAN ANTONIO, TX 78204

100% GUARANTEE promise

If you aren't completely pleased with this product, we'll be happy to replace it or refund your money. You have our word on it.

Compare to the Active Ingredient in Citrucel® Powder*



HEB

Fiber

METHYLCYLLULOSE
FIBER THERAPY

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

Directions for Use:



1. Fill glass with at least 8 ounces of cold water.
2. Add the adult or child dose listed in directions.
3. Stir briskly until dissolved completely and drink promptly. Drinking additional glass of water is helpful.

**When Used As Directed.

Drug Facts

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Questions or comments? 1-866-467-2748

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MADE WITH PRIDE & CARE FOR H-E-B®
SAN ANTONIO, TX 78204



*This product is not manufactured or distributed by GSK Consumer Healthcare, distributor of Citrucel® Powder.



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LOT: 51716HEBLR

THIS IS TO DESIGNATE NON VARNISH AREA. DO NOT PRINT.

EXP:

HEB FIBER THERAPY

methylcellulose powder, for solution

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:37808-716
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
METHYLCELLULOSE (4000 MPA.S) (UNII: MRJ667KA5E) (METHYLCELLULOSE (4000 MPA.S) - UNII:MRJ667KA5E)	METHYLCELLULOSE (4000 MPA.S)	2 g in 10.2 g

Inactive Ingredients

Ingredient Name	Strength
ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)	
FD&C YELLOW NO. 6 (UNII: H77VEI93A8)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
POTASSIUM CITRATE (UNII: EE90ONI6FF)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
SUCRALOSE (UNII: 96K6UQ3ZD4)	
TRICALCIUM PHOSPHATE (UNII: K4C08XP666)	

Product Characteristics

Color	orange	Score	
Shape		Size	
Flavor	ORANGE	Imprint Code	
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:37808-716-16	479 g in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product	04/25/2019	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	04/25/2019	

Labeler - HEB (007924756)