

**KROGER NATURAL FIBER SUGAR FREE- psyllium husk powder**  
**KROGER COMPANY**

*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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**Kroger Smooth Texture Natural Fiber 114 Teaspoon Doses**

***Drug Facts***

**Active ingredient: (in each TEASPOON)**

Psyllium husk 3.4 g

**Purpose**

Fiber Laxative

**Uses:**

- effective in treating occasional constipation and restoring regularity.

**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.

<b>Adults 12 years &amp; older:</b>	1 rounded TEASPOON in 8 ounces of liquid at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours.
<b>6-11 yrs:</b>	½ adult dose in 8 ounces of liquid, up to 3 times daily
<b>Under 6 yrs:</b>	Consult a doctor

Laxative, 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.

**New Users:**

Start with 1 dose per day; gradually increased to 3 doses per day as necessary.

**Other information:**

- **each tablespoon contains:** potassium 30 mg; sodium 5 mg
- **PHENYLKETONURICS:CONTAINS PHENYLALANINE**, 25 mg per teaspoon
- store at room temperature tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber

**Inactive ingredients:**

aspartame, citric acid, FD&C Yellow No. 6, natural and artificial orange flavor, silica, sucrose.

**Questions or comments?**

**1-800-632-6900**

**PRINCIPAL DISPLAY PANEL**

Kroger®

**QUALITY GUARANTEED**

**NDC 30142-515-14**

**COMPARE TO ACTIVE INGREDIENT OF Metamucil® MultiHealth Fiber\*.**

**\*See Back Panel**

**Sugar FreeSmooth Texture**

**Natural Fiber**

**Orange Flavor**

**100% Natural Psyllium Husk**

**Fiber Laxative/Fiber Supplement**

**Naturally and Artificially Flavored**

**HelpsLower Cholesterol**

See back for information about soluble fiber and heart disease.

## 114 Teaspoon Doses

NET WT 23.3 OZ 660 g

Fill controlled by weight, not volume

### Our Pharmacists Recommend

K PAREVE

QUALITY GUARANTEED (if you are not completely satisfied with this product, return it for a refund or replacement.

Comments or Questions?

800-632-6900 [www.kroger.com](http://www.kroger.com)

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

\*Metamucil® is a registered trademark of Procter & Gamble, Cincinnati, OH 45202. Procter & Gamble is not affiliated with The Kroger Co. or this product.

**DISTRIBUTED BY THE KROGER CO.**

**CINCINNATI, OHIO 45202**

**MADE IN U.S.A.**



**Kroger**  
QUALITY GUARANTEED

**Sugar Free • Smooth Texture**

# Natural Fiber

**ORANGE FLAVOR**

**100% Natural Psyllium Fiber**

Fiber Laxative/Fiber Supplement • Naturally & Artificially Flavored

Helps Lower Cholesterol

See back for information about soluble fiber and heart disease ▶

Not a Low Calorie Product

**Our Pharmacists Recommend**

**114**  
Teaspoon Doses

NET WT 23.3 OZ (660g)  
Fill controlled by weight, not volume

COMPARE TO ACTIVE INGREDIENT OF Metamucil® MultiHealth Fiber. See Back Panel.

NDC 30142-515-14

#### Fiber Supplement Information

For Cholesterol Lowering and Heart Health  
**Uses:** 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 adult dose of this product has 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of this product as a part of a cholesterol-lowering program.

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

**Directions:** Adults 12 yrs. & older: 1 rounded TEASPOON in 8 oz of liquid 3 times daily. Under 12 yrs.: Consult a doctor. See mixing instructions in Drug Facts. NOTICE: 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. Do not take if you have difficulty swallowing.

#### Supplement Facts

Serving Size: 1 rounded tsp (5.8g)

Servings Per Container: 114

Amount per Serving %DV\*

Calories	20	
Total Carb.	5g	2%*
Dietary fiber	3g	12%*
Soluble fiber	2g	†
Sugars	0g	†
Iron	0.8mg	4%
Sodium	5mg	<1%
Potassium	30mg	<1%

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

**Ingredients:** Psyllium Husk, Maltodextrin, Citric Acid, Natural & Artificial Orange Flavor, Silica, Aspartame, FD&C Yellow 6.

DISTRIBUTED BY THE KROGER CO.,  
CINCINNATI, OHIO 45202  
MADE IN U.S.A.



DO NOT USE IF PRINTED INNER SEAL IS BROKEN OR MISSING.

#### Drug Facts

**Active ingredient:** (in each TEASPOON)  
Psyllium husk 3.4 g

**Purpose**  
Fiber laxative

**Uses:** ■ effective in treating occasional constipation and restoring regularity.

#### 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.

**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 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. Generally produces effect in 12-72 hours.
6-11 yrs:	1/2 adult dose in 8 oz of liquid, up to 3 times daily
Under 6 yrs:	Consult 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.

**Now Users:** Start with 1 dose per day; gradually increase to 3 doses per day as necessary.

#### Other information:

- each teaspoon contains: potassium 30 mg; sodium 5 mg
- PHENYLKETONURICS: CONTAINS PHENYLALANINE, 25 mg per teaspoon
- store at room temperature tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber

**Inactive ingredients:** aspartame, citric acid, FD&C yellow 6, maltodextrin, natural & artificial orange flavor, silica.

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LOT:

SPOT UV

EXP:

## KROGER NATURAL FIBER SUGAR FREE

psyllium husk powder

### Product Information

Product Type		HUMAN OTC DRUG	Item Code (Source)	NDC:30 142-515
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 5.8 g
Inactive Ingredients				
Ingredient Name			Strength	
ASPARTAME (UNII: Z0H242BBR1)				
ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)				
FD&C Yellow No. 6 (UNII: H77VEI93A8)				
MALTO DEXTRIN (UNII: 7CVR7L4A2D)				
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)				
Product Characteristics				
Color	BROWN (Light Yellowish)		Score	
Shape			Size	
Flavor	ORANGE (natural and artificial)		Imprint Code	
Contains				
Packaging				
#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:30 142-515-14	660 g in 1 BOTTLE; Type 0: Not a Combination Product	05/16/20 19	
Marketing Information				
Marketing Category		Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final		part334	05/16/20 19	

**Labeler** - KROGER COMPANY (006999528)