

GERI MUCIL- psyllium powder, for solution
Gericare Pharmaceuticals

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.

Front Panel:

NATURAL PSYLLIUM FIBER LAXATIVE & DIETARY SUPPLEMENT

- **Gentle, Effective Relief From Constipation**
- **Daily Fiber Source**
- **No Chemical Stimulants**

Back Panel:

LAXATIVE

Drug Facts

Active ingredient (in each rounded TEASPOON)

Psyllium Husk, approximately 3.4 g

Purpose

Bulk-forming 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 an 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 & children 12 years & over 1 rounded TEASPOON in 8 oz of liquid,
up to 3 times daily
children under 12 years 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. **New 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
- Store below 30°C (86°F)
- Protect contents from humidity. Keep tightly closed.

Inactive ingredient

sucrose

DIETARY FIBER SUPPLEMENT

Uses Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in Geri-Mucil, may reduce the risk of heart disease by lowering cholesterol. One adult dose of Geri-Mucil has 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**.

Directions

Adults 12 yrs. & older; 1 rounded TEASPOON in 8 oz of liquid 3 times daily. Under 12 yrs.: Ask a doctor. See mixing directions in Drug Facts . **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.

Supplement Facts

Serving Size 1 rounded teaspoon (7g)

Servings per container 52

Amount Per Serving % DV**

Calories 25

Total Carbohydrates 7 g 2%

Dietary Fiber 3 g	12%
Soluble Fiber 2 g	*
Sugars 3 g	*
Iron 0.4 mg	2%
Sodium 5 mg	<1%
Potassium 30 mg	<1%
Psyllium Hydrophilic Mucilloid 3.4 g	†

**% Daily Value (DV) is based on a 2,000 calorie diet.

*Daily Value (DV) not established.

INGREDIENTS: Sucrose, Psyllium Husk

‡This product is not manufactured or distributed by Procter & Gamble, owner of the registered trademark Metamucil®.

DIST. BY:
 GERI-CARE PHARMACEUTICALS CORP.
 1650 63rd STREET
 BROOKLYN, NEW YORK 11204

04/11

PACKAGE LABEL.PRINCIPAL DISPLAY PANEL



NDC 57896-461-13

FIBER LAXATIVE



NATURAL PSYLLIUM FIBER LAXATIVE & DIETARY SUPPLEMENT

- Gentle, Effective Relief From Constipation
- Daily Fiber Source
- No Chemical Stimulants

COMPARE TO ACTIVE INGREDIENT IN METAMUCIL®†

NET WT. 13 OZ. (368 g.)

Fill controlled by weight, not volume 52 TEASPOON DOSES

LAXATIVE

Drug Facts

Active ingredient (in each rounded teaspoon) **Purpose**
 Psyllium Husks, approximately 3.4 g Bulk-forming 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 an allergic reaction in people sensitive to inhaled or ingested psyllium.

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- 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 & children 12 years & over	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.
children under 12 years	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. **New Users:** Start with 1 dose per day, gradually increase to 3 doses per day as necessary.

Other information • each teaspoonful contains: potassium 30 mg, sodium 5 mg • Store below 30°C (86°F). Protect contents from humidity. Keep tightly closed.

Inactive ingredient sucrose

DIETARY FIBER SUPPLEMENT

Uses Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in Geri-Mucil, may reduce the risk of heart disease by lowering cholesterol. One adult dose of Geri-Mucil has 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.

Directions Adults 12 yrs. & older: 1 rounded TEASPOON in 8 oz of liquid 3 times daily. Under 12 yrs.: Ask a doctor. See mixing directions in Drug Facts. 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.

Supplement Facts

Serving Size 1 rounded teaspoon (7 g)
Servings per container 52

Amount per serving		
Calories 25		% DV**
Total Carbohydrates	7 g	2%
Dietary Fiber	3 g	12%
Soluble Fiber	2 g	*
Sugars	3 g	*
Iron	0.4 mg	2%
Sodium	5 mg	<1%
Potassium	30 mg	<1%

***% Daily Value (DV) is based on a 2,000 calorie diet. **Daily Values (DV) not established.

INGREDIENTS: Sucrose, Psyllium Husk
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TAMPER EVIDENT: DO NOT USE IF IMPRINTED INNER FOIL SEAL IS BROKEN OR MISSING.
 UNVARNISH

GERI MUCIL

psyllium powder, for solution

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:57896-461
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 7 g

Inactive Ingredients

Ingredient Name	Strength
SUCROSE (UNII: C151H8M554)	

Product Characteristics

Color	Brown (Tanish-yellow)	Score	no score
Shape		Size	
Flavor		Imprint Code	
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:57896-461-13	368 g in 1 Bottle		

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Not Final	part334	06/22/2009	

Labeler - Gericare Pharmaceuticals (611196254)

Revised: 8/2011

Gericare Pharmaceuticals