UP AND UP FIBER THERAPY NATURAL FIBER- psyllium husk powder Target Corporation

up and up fiber therapy 100% natural psyllium husk

Drug Facts

Active ingredient: (in each tablespoon)

Psyllium husk approximately 3.4 g

Purpose

Fiber therapy for regularity

Uses:

• for relief of occasional constipation (irregularity)

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.

	1 rounded TABLESPOON in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces
12 years a older	effect in 12–72 hours.
Children 6 - 11	½ adult dose in 8 oz of liquid, up to 3 times daily
yrs:	
Children under 6	Consult a doctor
yrs:	

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. As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.

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
- store at room temperature tightly closed to protect from humidity
- do not use if printed inner seal is broken or missing
- contains a 100% natural, therapeutic fiber

Inactive ingredients

citric acid, FD &C yellow 6, natural and artificial orange flavor, silica, sucrose.

Questions or comments?

Call 1-800-910-6874

PRINCIPAL DISPLAY PANEL

NDC 11673-668-90

Compare to active ingredient in Metamucil® MultiHealth Fiber***

fiber therapy

100% natural psyllium husk

multi-benefit daily fiber supplement therapy for regularity

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**

not a low calorie food

ORANGEFLAVOR 114 DOSES‡

Naturally and Artificially Flavored

FILL CONTROLLED BY WEIGHT NOT VOLUME

114 TABLESPOON DOSES‡

NET WT 48.2 OZ (3 LB) 1368 g

†See back for information about soluble fiber and heart disease.

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

DO NOT USE IF PRINTED INNER SEAL IS BROKEN OR MISSING

***This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil ®.

GLUTEN FREE

This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.

**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.

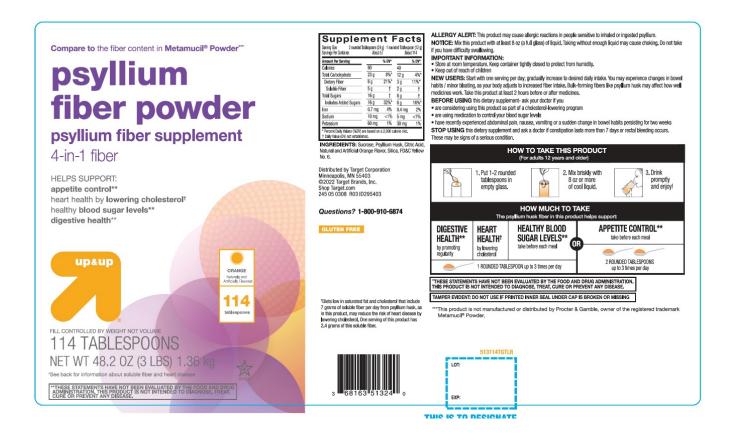
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Minneapolis, MN 55403

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UP AND UP FIBER THERAPY NATURAL FIBER

psyllium husk powder

Product Information						
Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:11673-668			
Route of Administration	ORAL					

Active Ingredient/Active Moiety Ingredient Name Basis of Strength PSYLLIUM HUSK (UNII: 0SH053407G) (PSYLLIUM HUSK - UNII:0SH053407G) PSYLLIUM HUSK 3.4 g in 12 g

Inactive Ingredients				
Ingredient Name	Strength			
citric acid monohydrate (UNII: 2968PHW8QP)				
FD&C Yellow No. 6 (UNII: H77VEI93A8)				
SILICON DIOXIDE (UNII: ETJ7Z 6XBU4)				
SUCROSE (UNII: C151H8M554)				

Product Characteristics					
Color	BROWN	Score			
Shape		Size			
Flavor	ORANGE	Imprint Code			

Contains **Packaging Marketing Start Marketing End** Item Code **Package Description Date** Date 1 NDC:11673-668- 1368 g in 1 BOTTLE; Type 0: Not a Combination Product 10/26/2015 **Marketing Information Application Number or Monograph Marketing Start Marketing End** Marketing Category Citation Date Date OTC Monograph Drug M007 10/26/2015

Labeler - Target Corporation (006961700)

Revised: 11/2023 Target Corporation