

MEIJER FIBER THERAPY- methylcellulose tablet
MEIJER DISTRIBUTION INC

Meijer Fiber Therapy Methylcellulose 500 mg 100 Caplets

Active ingredient (in each caplet)

Methylcellulose 500mg

Purpose

Bulk-forming laxative (a non-allergenic fiber)

Uses

- helps restore and maintain regularity
- Relieves constipation (irregularity)
- For constipation associated with other bowel disorders like IBS when recommended by a doctor.
- 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 over a period of 2 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

Take 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.

Age	Dose	Maximum Dose
adults & children 12 years of age and over	start with 2 caplets. Increase as needed up to 6 times per day.	Do not exceed 12 caplets per day
Children 6-11 years of age	Start with 1 caplet. Increase as needed up to 6 times per day	Do not exceed 6 caplets per day
children under 6 years of age	Consult a physician	Consult a physician

Other information

- **each caplet contains:** appx. 18 mg of calcium
- store at below 77° F(25°C)
- protect contents from humidity
- keep tightly closed

Inactive ingredients

adipic acid, calcium carbonate, crospovidone, FD&C yellow no. 6 aluminum lake, magnesium stearate, maltodextrin, microcrystalline cellulose, polysorbate 80, silica.

Do not use if printed seal under cap is torn or missing.

Principal Display Panel

meijer™

NDC 41250-212-10

Compare to Citrucel® Caplets Active Ingredients*

Methylcellulose

Fiber Therapy

- 100% Soluble Fiber for Controlled Regularity
- Easy to take Caplets
- 100 CAPLETS

meijer PHARMACIST RECOMMENDS MONEY BACK GUARANTEE

DIST. BY MEIJER DISTRIBUTION, INC.

2929 WALKER AVE NW

GRAND RAPIDS, MI 49544

www.meijer.com

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

Compare to Citrucel® Caplets active ingredients*



Methylcellulose

Fiber Therapy

100% Soluble Fiber for Controlled Regularity

Easy to Take Caplets



100 Caplets

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Drug Facts

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122100MURLR



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LOT: _____

EXP: _____

NEVER REUSE THIS PRODUCT. SEE THE BACK FOR IMPORTANT SAFETY INFORMATION. PEEL BACK HERE AND ALLERGY WARNING

DIST. BY MEIJER DISTRIBUTION, INC.
2829 WALKER AVE NW
GRAND RAPIDS, MI 49544
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NON VARNISH AREA
DO NOT PRINT

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MEIJER FIBER THERAPY

methylcellulose tablet

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:41250-212
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)	500 mg

Inactive Ingredients

Ingredient Name	Strength
ADIPIC ACID (UNII: 76A0JE0FKJ)	
CALCIUM CARBONATE (UNII: H0G9379FGK)	
CROSPVIDONE (120 .MU.M) (UNII: 68401960MK)	

FD&C YELLOW NO. 6 (UNII: H77VEI93A8)	
MAGNESIUM STEARATE (UNII: 70097M6I30)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
MICROCRYSTALLINE CELLULOSE (UNII: OP1R32D61U)	
POLYSORBATE 80 (UNII: 6OZP39ZG8H)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	

Product Characteristics

Color	orange (Light orange)	Score	no score
Shape	CAPSULE (Caplet)	Size	19mm
Flavor		Imprint Code	RP122
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:41250-212-10	100 in 1 BOTTLE; Type 0: Not a Combination Product	03/14/2017	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	03/14/2017	

Labeler - MEIJER DISTRIBUTION INC (006959555)

Revised: 10/2025

MEIJER DISTRIBUTION INC