

Compare to Sugar Free Metamucil® active ingredient\*\*

NDC 49035-366-31

Sugar Free

Not a low calorie product. See back for nutrition information on sugar and calorie content.

equate®

# Fiber Therapy

Psyllium Hydrophilic Mucilloid

Smooth Texture

100% Natural Psyllium Husk Fiber

✓ Bulk Forming Laxative

✓ Dietary Fiber Supplement

Orange Flavor

(Naturally and Artificially Flavored)

180 Teaspoon Doses

NET WT 36.8 OZ  
(2.3 LB) 1043 g

Fill controlled by weight, not volume



DO NOT USE IF PRINTED SEAL UNDER CAP IS MISSING OR BROKEN

◀ NOTE SEPARATE USES ▶

## Drug Facts

**Active ingredient (per each rounded teaspoonful = 5.8 g)**  
Psyllium seed husk 3.4 g.....Bulk-forming laxative

### Purpose

### Uses

- relieves occasional constipation (irregularity) and restores regularity
- generally produces bowel movement in 12 to 72 hours

### Warnings

**Allergy alert:** May cause allergic reaction in people sensitive to ingested or inhaled psyllium  
**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

- stomach pain, nausea or vomiting
- noticed a sudden change in bowel habits that persists over a period of 2 weeks

### Ask a doctor or pharmacist before use if you

are taking any other drug. Take this product two or more hours before or after other drugs. Laxatives may affect how other drugs work.

### When using this product

- do not exceed the maximum recommended daily dosage in a 24-hour period
- you may experience changes in bowel habits or minor bloating as your body adjusts to increased fiber intake

**Stop use and ask a doctor if**

- you have rectal bleeding or failure to have a bowel movement after use because this may indicate a serious condition
- you need to use a laxative for more than one week

**Keep out of reach of children.** In case of overdose, get medical help or contact a Poison Control Center right away.

## Drug Facts (continued)

### Directions

- take at the first sign of irregularity up to 3 times a day
- put one dose into an empty glass
- fill glass with 8oz of water or favorite beverage
- stir briskly and drink promptly
- if mixture thickens add more water and stir
- 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.

adults and children 12 years and over	1 rounded teaspoonful
6 to under 12 years	1/2 teaspoonful
under 6 years	ask a doctor

### Other information

- each teaspoonful contains: potassium 35 mg and sodium 9 mg
- Phenylketonurics:** contains phenylalanine 21 mg per teaspoonful
- store at (20°-25°C) 68°-77°F

**Inactive ingredients** aspartame, citric acid, colloidal silicon dioxide, FD&C yellow no. 6, maltodextrin, natural and artificial flavor

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

**Packaged by:** Perrigo Allegan, MI 49010 USA  
**Distributed by:** Wal-Mart Stores, Inc Bentonville, AR 72716

SATISFACTION GUARANTEED  
BY REFUND OR EXCHANGE



## DIETARY FIBER SUPPLEMENT

Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, may reduce the risk of heart disease by lowering cholesterol levels. One ADULT serving provides 2.5 grams of this soluble fiber.

**DIRECTIONS:** Adults 12 years & older: 1 rounded TEASPOON in 8 oz of liquid 3 times daily. Children under 12 years: Consult a doctor.

**NOTICE:** Take this product with at least 8 ounces (a full glass) of liquid. Taking this product without enough liquid may cause choking. Do not take if you have difficulty swallowing. See choking warning.

## Supplement Facts

Serving Size 1 rounded tsp (5.8 g)  
Servings Per Container 180

Amount Per Serving	% DV
Calories 20	
Total Carbohydrate 5 g	2%*
Dietary Fiber 3 g	12%*
Soluble Fiber 2 g	†
Sugars 0 g	†
Iron 0.7 mg	4%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
†Daily Value (DV) not established.

**Ingredients:** psyllium hydrophilic mucilloid, maltodextrin, citric acid, colloidal silicon dioxide, natural and artificial flavor, aspartame, FD&C yellow #6.

**PHENYLKETONURICS: CONTAINS PHENYLALANINE**

PATENT PENDING

READ ENTIRE LABEL INCLUDING WARNINGS IN DRUG FACTS.

EXP07/08

6UR008

1 36633 26 F9

VALUE SIZE