

## **Drug Facts**

### **Active ingredient**

**(in each capsule)**

Psyllium husk (appx. 0.52 g)

### **Purpose**

Bulk-Forming Laxative

### **Uses**

- relieves occasional constipation
- generally produces bowel movement in 12 to 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.

### **Do not use**

longer than one week

### **Ask a doctor before use if you have**

- abdominal pain, nausea, or vomiting
- noticed a sudden change in bowel habits that lasts over two 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.

**Stop use and ask a doctor if •**

you experience rectal bleeding

- you fail to have a bowel movement after using this product.

These may indicate 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**

Take this product 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 & children 12 years and over:** Take 5 capsules with 8 ounces of liquid (swallow one capsule at a time) at the first sign of irregularity. May be taken up to 3 times daily
- **children under 12 years:** ask a doctor

Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in Reguloid, may reduce the risk of heart disease.

**SEE WARNINGS AND DIRECTIONS IN DRUG FACTS.**

**Dosage: adults & children 12 years and over:** 2-6 capsules.

Children under 12 years: ask a doctor.

## Supplement Facts

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Supplement Facts Serving Size 6 capsules Servings per container 26

Amount per serving

%DV\*\*

Calories 10

Total Carbohydrates	3 g	1%
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Dietary fiber	3 g	11%
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Soluble fiber	2 g	†
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Iron	0.4 mg	2%
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Potassium	30 mg	<1%
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\*\*% Daily Values (DV) are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

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**Other ingredients:** Gelatin, polysorbate 80, FD&C yellow #6 Lake, potassium sorbate, citric acid and edible ink.

Store between 15°-30°C (59°-86°F).

Keep tightly closed to protect from humidity.

Questions or comments?

Call 1-800-645-2158

9 am – 5 pm ET, Monday – Friday

TAMPER EVIDENT: DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS  
BROKEN OR MISSING

R0510

PACKAGE LABEL.PRINCIPAL DISPLAY PANEL



COMPARE TO  
ACTIVE INGREDIENT IN  
**METAMUCIL®**

NDC 0536-1500-60

# Reguloid®

## Bulk-Forming Laxative and Dietary Fiber Supplement

**SATISFACTION GUARANTEED**  
**Rugby**  
**OR YOUR MONEY BACK**

**160 BANDED CAPSULES**

\*Rugby Laboratories, Inc. is not affiliated with the owner of the trademark Metamucil®. Reguloid® is distributed by Rugby Laboratories, Inc.

**Rugby**® Duluth, Georgia 30097  
[www.rugbylaboratories.com](http://www.rugbylaboratories.com)

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Psyllium husk (appx. 0.52 g)	Bulk-Forming Laxative
<b>Uses</b>	
• relieves occasional constipation	
• generally produces bowel movement in 12 to 72 hours	
<b>Warnings</b>	
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<b>Do not use</b> longer than one week	
<b>Ask a doctor before use if you have</b>	
• abdominal pain, nausea, or vomiting	
• noticed a sudden change in bowel habits that lasts over two weeks	
<b>Ask a doctor or pharmacist before use if you are</b> taking any other drug. Take this product two or more hours before or after other drugs. Laxatives may affect how other drugs work.	
<b>Stop use and ask a doctor if</b>	
• you experience rectal bleeding	
• you fail to have a bowel movement after using this product. These may indicate a serious condition.	
<b>Keep out of reach of children.</b> In case of overdose, get medical help or contact a Poison Control Center right away.	
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• <b>adults &amp; children 12 years and over:</b> Take 5 capsules with 8 ounces of liquid (swallow one capsule at a time) at the first sign of irregularity. May be taken up to 3 times daily	
• <b>children under 12 years:</b> ask a doctor	

**REGULOID**

psyllium capsule

**Product Information**

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:0536-1500
<b>Route of Administration</b>	ORAL	<b>DEA Schedule</b>	

**Active Ingredient/Active Moiety**

<b>Ingredient Name</b>	<b>Basis of Strength</b>	<b>Strength</b>
PSYLLIUM HUSK (PSYLLIUM HUSK)	PSYLLIUM HUSK	0.52 g

**Inactive Ingredients**

<b>Ingredient Name</b>	<b>Strength</b>
GELATIN	
POLYSORBATE 80	
FD&C YELLOW NO. 6	

POTASSIUM SORBATE	
CITRIC ACID MONOHYDRATE	
FERROSOFERRIC OXIDE	
FERRIC OXIDE RED	
FERRIC OXIDE YELLOW	
POVIDONE K30	
SHELLAC	
POLYETHYLENE GLYCOL	
ISOBUTYL ALCOHOL	
ALCOHOL	

Product Characteristics			
Color	BROWN (Light brown)	Score	no score

<b>Shape</b>	CAPSULE	<b>Size</b>	7mm
<b>Flavor</b>		<b>Imprint Code</b>	
<b>Contains</b>			

Packaging

#	Item Code	Package Description	
1	NDC:0536-1500-60	160 in 1 BOTTLE	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	06/03/2010	

**Labeler** - Rugby Laboratories (109178264)

**Registrant** - Contract Pharmacal Corp (968334974)

## Establishment

Name	Address	ID/FEI	Business Operations
Contract Pharmacal Corp		968334974	MANUFACTURE

Revised: 09/2011

Rugby Laboratories



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