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

Supplement FactsServing Size 6 capsules**Servings per container**26

Amount per servin	ıg	%DV**	
Calories 10			
Total Carbohydrates	s 3 g		1%
Dietary fiber	3 g		11%
Soluble fiber	2 g		†
Iron 0.	4 mg		2%
Potassium	30 mg		<1%
**% Daily Values (DV) are based on a 2,000 calorie diet.			
†Daily Value (DV) not established.			

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?

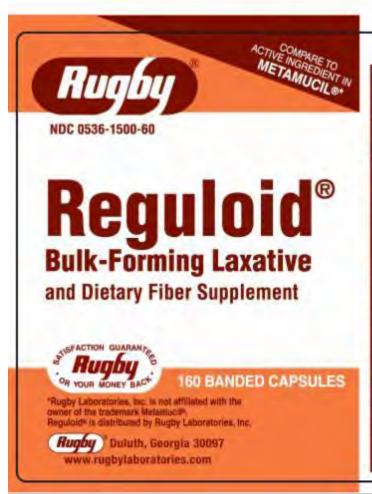
Call 1-800-645-2158

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



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REGULOID

psyllium capsule

Product Information					
Product Type	HUMAN OTC DRUG	Ite	em Code (Source)		NDC:0536-1500
Route of Administration	ORAL	DI	EA Schedule		
Active Ingredient/Active Me	oiety				
Ingredient Name			Basis of Strength		Strength
PSYLLIUM HUSK (PSYLLIUM HUSK) PSYLLIUM HUSK				0.52 g	
Inactive Ingredients					
Ingredient Name				Streng	th
GELATIN					
POLYSORBATE 80					
FD&C YELLOW NO. 6					

POTASSIUM SORBA	ТЕ				
CITRIC ACID MONOHYDRATE					
FERROSOFERRIC OXIDE					
FERRIC OXIDE RED	FERRIC OXIDE RED				
FERRIC OXIDE YEL	LOW				
POVIDONE K30	POVIDONE K30				
SHELLAC	SHELLAC				
POLYETHYLENE GLYCOL					
ISOBUTYL ALCOHOL					
ALCOHOL					
Product Characteristics					
Color	BROWN (Light brown)	Score		no score	

Shape	CAPSULE	Size	7mm
Flavor		Imprint Code	
Contains			

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

