

Drug Facts

Active ingredient (in each caplet)

Methylcellulose (a non-allergenic fiber) 500 mg Bulk-forming fiber laxative

Purpose

- Uses**
- relieves occasional constipation (irregularity)
 - 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 for two 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.

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 doctor	consult a doctor

Other information

- each caplet contains: calcium 10 mg
- store below 25°C (77°F)
- protect contents from humidity
- keep tightly closed

Inactive ingredients crospovidone, dibasic calcium phosphate, FD&C yellow no. 6 aluminum lake, magnesium stearate, maltodextrin, povidone, sodium lauryl sulfate

Questions or comments? 1-800-897-6081