

Drug Facts

Active ingredient (in each heaping tablespoon)

Purpose

Methylcellulose (a non-allergenic fiber) 2 g..... Bulk-forming fiber laxative

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
- you fail to have a bowel movement after use

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

- **MIX 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.**

- use product at the first sign of constipation or irregularity
- put one dose in a full glass of cold water
- stir briskly and drink promptly
- drinking another glass of water is helpful

Age	Dose
adults and children 12 years of age and over	start with 1 heaping <i>tablespoon</i> . Increase as needed, 1 heaping <i>tablespoon</i> at a time, up to 3 times per day.
children 6-11 years of age	start with 2.5 level <i>teaspoons</i> . Increase as needed, 2.5 level <i>teaspoons</i> at a time, up to 3 times per day.
children under 6 years of age	consult a doctor

Other information

- each heaping **tablespoon** contains: calcium 80 mg, potassium 105 mg, sodium 10 mg
- each heaping **tablespoon** contributes 60 calories from sucrose and maltodextrin
- store below 25°C (77°F)
- protect contents from humidity
- keep tightly closed

Inactive ingredients citric acid, dibasic calcium phosphate, FD&C yellow no. 6 lake, maltodextrin, orange flavors (natural and artificial), potassium citrate, riboflavin, soy lecithin, sucrose, titanium dioxide, tricalcium phosphate

Questions or comments? 1-800-897-6081