

**FIBER CAPLETS- calcium polycarbophil tablet, film coated
THE KROGER CO.**

Disclaimer: Most OTC drugs are not reviewed and approved by FDA, however they may be marketed if they comply with applicable regulations and policies. FDA has not evaluated whether this product complies.

Kroger 140 Fiber Caplets Calcium Polycarbophil

Drug Facts

Active Ingredient (in each caplet)

Calcium polycarbophil 625 mg
equivalent to 500 mg polycarbophil

PURPOSE

Bulk-forming laxative

USES

- relieves occasional constipation to help restore and maintain regularity
- this product generally produces bowel movement in 12 to 72 hours

Choking Warning: 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

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

Ask your doctor or pharmacist before use if you are

taking any other drug. Take this product 2 or more hours before or after other drugs. All laxatives may affect how other drugs work.

When using this product

- do not use for more than 7 days unless directed by a doctor
- do not take more than 8 caplets in a 24 hour period unless directed by a doctor

Stop use and ask a doctor if

rectal bleeding occurs or if you fail to have a bowel movement after use of this or any other laxative. 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 at 1-800-222-1222.

Directions

- take each dose of 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).
- this product works naturally so continued use for one to three days is normally required to provide full benefit. Dosage may vary according to diet, exercise, previous laxative use or severity of constipation.

Age	Recommended dose	Daily maximum
adults & children 12 years of age and over	2 caplets once a day	up to 4 times a day
children under 12 years	consult a physician	

Other information

- **each caplet contains:** calcium 125 mg
- store at room temperature
- protect contents from moisture

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

calcium carbonate, caramel color, crospovidone, hypromellose, magnesium stearate, maltodextrin, microcrystalline cellulose, polyethylene glycol, silicon dioxide, sodium lauryl sulfate.

Questions or Comments?

1-800-632-6900

PRINCIPAL DISPLAY PANEL

NDC# 30142-132-14

***COMPARE TO the active ingredients of FIBERCON® CAPLETS**

***See side panel**

Fiber Caplets

Calcium Polycarbophil 625 mg

Bulk-Forming

Fiber Laxative

- Gentle Relief of Constipation

- Won't Cause Gas or Bloating
- As effective as Fiber Powders

140 CAPLETS

DIST. BY: THE KROGER CO.

CINCINNATI, OHIO 45202

QUALITY GUARANTEE

800-632-6900

www.kroger.com

*Fibercon® is a registered trademark of Pfizer Inc., New York, NY 10017. Pfizer Inc., is not affiliated with The Kroger Co. or this product.

COMPARE TO the active ingredient of FIBERCON® CAPLETS *See side panel

NDC 30142-132-14



Fiber Caplets

Calcium Polycarbophil Bulk-Forming Fiber Laxative

actual size

140 CAPLETS

Gentle Relief of Constipation
Won't Cause Gas or Bloating
As Effective as Fiber Powders

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

Drug Facts		Drug Facts (continued)								
<p>Active ingredient (in each caplet) Calcium polycarbophil 625 mg equivalent to 500 mg polycarbophil.....Bulk-forming laxative</p> <p>Uses ■ relieves occasional constipation to help restore and maintain regularity ■ this product generally produces bowel movement in 12 to 72 hours.</p> <p>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.</p> <p>Ask your doctor before use if you have ■ abdominal pain, nausea or vomiting ■ a sudden change in bowel habits that persists over a period of 2 weeks.</p> <p>Ask your doctor or pharmacist before use if you are taking any other drug. Take this product 2 or more hours before or after other drugs. All laxatives may affect how other drugs work.</p> <p>When using this product ■ do not use for more than 7 days unless directed by a doctor ■ do not take more than 8 caplets in a 24 hour period unless directed by a doctor</p> <p>Stop use and ask a doctor if rectal bleeding occurs or if you fail to have a bowel movement after use of this or any other laxative.</p>	<p>Purpose These could be signs of a serious condition.</p> <p>Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away 1-800-222-1222</p> <p>Directions ■ take each dose of 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. ■ this product works naturally so continued use for one to three days is normally required to provide full benefit. Dosage may vary according to diet, exercise, previous laxative use or severity of constipation</p> <table border="1" style="width: 100%; border-collapse: collapse; font-size: 8px;"> <thead> <tr> <th>age</th> <th>recommended dose</th> <th>daily maximum</th> </tr> </thead> <tbody> <tr> <td>adults & children 12 years of age and over</td> <td>2 caplets once a day</td> <td>up to 4 times a day</td> </tr> <tr> <td>children under 12 years</td> <td colspan="2">consult a physician</td> </tr> </tbody> </table> <p>Other information ■ each caplet contains: calcium 125 mg ■ store at room temperature ■ protect contents from moisture</p> <p>Inactive ingredients calcium carbonate, caramel color, crospovidone, hypromellose, magnesium stearate, maltodextrin, microcrystalline cellulose, polyethylene glycol, silicon dioxide, sodium lauryl sulfate</p> <p>Questions or comments? 1-800-632-6900</p>	age	recommended dose	daily maximum	adults & children 12 years of age and over	2 caplets once a day	up to 4 times a day	children under 12 years	consult a physician	
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DISTRIBUTED BY THE KROGER CO., CINCINNATI, OHIO 45202

QUALITY GUARANTEE

800-632-6900

www.kroger.com



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LOT:

EXP:

FIBER CAPLETS

calcium polycarbophil tablet, film coated

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:30142-132
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
CALCIUM POLYCARBOPHIL (UNII: 8F049NKY49) (POLYCARBOPHIL - UNII:W25LM17A4W)	CALCIUM POLYCARBOPHIL	625 mg

Inactive Ingredients

Ingredient Name	Strength
CALCIUM CARBONATE (UNII: H0G9379FGK)	
CARAMEL (UNII: T9D99G2B1R)	

CROSPVIDONE (120 .MU.M) (UNII: 68401960MK)	
HYPROMELLOSE, UNSPECIFIED (UNII: 3NXW29V3WO)	
MAGNESIUM STEARATE (UNII: 70097M6I30)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
MICROCRYSTALLINE CELLULOSE (UNII: OP1R32D61U)	
POLYETHYLENE GLYCOL, UNSPECIFIED (UNII: 3WJQ0SDW1A)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
SODIUM LAURYL SULFATE (UNII: 368GB5141J)	

Product Characteristics

Color	BROWN (light)	Score	2 pieces
Shape	OVAL	Size	19mm
Flavor		Imprint Code	RP120
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:30142-132-14	140 in 1 BOTTLE; Type 0: Not a Combination Product	11/26/2019	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part334	11/26/2019	

Labeler - THE KROGER CO. (006999528)

Revised: 8/2023

THE KROGER CO.