

UP AND UP FIBER THERAPY- calcium polycarbophil tablet Target Corporation.

up and up fiber therapy

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.

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 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

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
- do not use if printed seal under cap is torn or missing
- store at 20-25°C (68-77°F)
- protect contents from moisture

Inactive ingredients

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

Questions?

Call 1-800-910-6874

Principal Display Panel

NDC 11673-620-90

Compare to active ingredient in **Fibercon® ***

fiber therapy

calcium polycarbophil ,625 mg

bulk-forming laxative

helps relieve constipation and restore regularity

gentle enough to use every day

140 CAPLETS

*This product is not manufactured or distributed by Pfizer Inc., owner of the registered trademark Fibercon® Caplets.

245 05 0555 R01 ID295403

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ACTUAL SIZE

140
CAPLETS

Drug Facts		Drug Facts (continued)										
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Questions? Call 1-800-910-6874		Dist. by Target Corp., Mpls., MN 55403 ©2015 Target Brands, Inc. Shop Target.com 245 05 0555 R01 ID295403  3 681631 12094 3 LOT: 120140TGLR EXP:										

UP AND UP FIBER THERAPY

calcium polycarbophil tablet

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:11673-620
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)	

CROSPROVIDONE (120 .MU.M) (UNII: 68401960MK)	
HYPROMELLOSE 2208 (100 MPA.S) (UNII: B1QE5P712K)	
MAGNESIUM STEARATE (UNII: 70097M6I30)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
MICROCRYSTALLINE CELLULOSE (UNII: OP1R32D61U)	
POLYETHYLENE GLYCOL 800 (UNII: UH6KR4953D)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
SODIUM LAURYL SULFATE (UNII: 368GB5141J)	

Product Characteristics

Color	BROWN (light)	Score	no score
Shape	CAPSULE (caplet)	Size	19mm
Flavor		Imprint Code	RP120
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:11673-620-90	140 in 1 BOTTLE; Type 0: Not a Combination Product	10/14/2015	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	10/14/2015	

Labeler - Target Corporation. (006961700)

Revised: 11/2023

Target Corporation.