### Drug Facts

<table>
<thead>
<tr>
<th>Active ingredient (in each caplet)</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium polycarbophil 625 mg</td>
<td>Bulking agent laxative</td>
</tr>
<tr>
<td>equivalent to 500 mg polycarbophil</td>
<td></td>
</tr>
</tbody>
</table>

### Uses
- Relieves occasional constipation (irregularity)
- 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 a doctor before use if you have
- Abdominal pain, nausea, or vomiting
- A sudden change in bowel habits that lasts over a period of 2 weeks

### 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.
- FiberCon 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.

### When using this product
- Do not use for more than 7 days 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.

### Inactive ingredients
- Caramel, crospovidone, hypromellose, magnesium stearate, microcrystalline cellulose, polyethylene glycol, silicon dioxide, sodium lauryl sulfate

### Keep out of reach of children.

### In case of overdose, get medical help or contact a Poison Control Center right away.

### Questions or comments?
Call 1-888-594-0677 weekdays 9 AM to 5 PM EST