



CITRUCEL[®]

CAPLETS

The importance of fiber in your diet

The American Dietetic Association recommends 20 to 35 grams of fiber per day, but most of us only get 10 to 15 grams per day. While foods like fruits, vegetables, beans and whole grains are good sources of fiber, some people find that it can be hard to get enough fiber from food alone and turn to fiber supplements like Citrucel.

How do Citrucel caplets compare to the powder in their fiber content?

Each two-caplet dose of Citrucel contains one gram of methylcellulose. This compares to two grams of Citrucel in each rounded tablespoon of powder. In other words, you will need to take four caplets to get the same amount of fiber that is in one rounded tablespoon of Citrucel sugar-free powder, or in one heaping tablespoon of Citrucel regular powder. Four caplets can be taken at the same time. We recommend that you drink 8 oz. of liquid with each dose of 2-4 caplets. The easy-to-swallow caplets contain the same great fiber Citrucel powder and won't cause excess gas like the fiber in other products. The caplets are an easy and convenient way to promote and maintain regularity with no mixing and no mess.

How close can the caplet doses be taken? How long must I wait between doses?

Using Citrucel caplets regularly, taking on a regimen (i.e., in the morning, or prior to bedtime), may help provide the most predictable results. If taking Citrucel caplets more than once a day, taking the product in the morning, before breakfast and before bedtime may help provide the most predictable results.

Can you crush and/or cut the caplet in half if it is too large to swallow?

Can I take a broken caplet? Yes, you may take a broken caplet. If swallowing the caplet is difficult, we recommend that you try our Citrucel powder products. If you still desire to use the caplets, we recommend that you cut or break the caplets in half and swallow, rather than crush them.

Can I chew the caplet or dissolve the Citrucel caplet in water or food?

No. The caplet is meant to be swallowed intact. It should not be chewed, dissolved in water or mixed with food. If it is too large, you can break it in half and swallow the two pieces.

When is the best time to take Citrucel?

Citrucel can be taken any time of the day. We do suggest that once you have chosen the time of day to take Citrucel, continue to take it consistently at that time every day. It can be taken before, between and/or after meals.

How long does it take Citrucel to work?

Citrucel can take anywhere between 12 and 72 hours to take effect.