Fiber Supplement Selection & Label Audit

A free educational worksheet to help compare fiber ingredients, read supplement labels, and identify questions to discuss with a pharmacist or healthcare professional.

EVIDENCE OVER HYPE | This worksheet supports informed label reading. It does not diagnose a condition, prescribe a supplement, or identify a best product for an individual.

1. Compare the Fiber Ingredient

Different fibers have different properties. The comparison below is general educational information; evidence depends on the health outcome being studied.

Ingredient	Key characteristic	Evidence / practical note	Possible concern
Psyllium	Gel-forming; absorbs water and swells.	Among the better-supported supplemental fibers for chronic constipation in the AGA–ACG guideline; evidence certainty is low.	Gas or bloating; must be taken with adequate liquid.
Inulin	Fermentable soluble fiber.	Not interchangeable with psyllium for constipation outcomes.	May increase gas and flatulence.
Wheat dextrin	Soluble fiber derived from wheat starch.	Do not assume it has the same clinical evidence as psyllium.	Tolerance varies; review the full ingredient and allergen information.
Methylcellulose	Modified cellulose fiber.	Evidence in the AGA–ACG review for chronic constipation is limited.	Individual tolerance varies.
PHGG	Partially hydrolyzed guar gum; soluble fiber.	Studied for selected digestive outcomes; evidence depends on condition and formulation.	Individual tolerance varies.

2. Product Label Audit

Use this checklist when comparing two or more products. Record what the label actually says; do not rely only on front-of-pack marketing claims.

Check	What to record / verify	Product A	Product B
Active fiber ingredient	Exact ingredient name (e.g., psyllium, inulin)	_____	_____
Dietary fiber per serving	Grams of dietary fiber—not total powder weight	_____	_____
Serving size	Scoop, teaspoon, capsules, gummies, etc.	_____	_____
Other ingredients	Sugars, sweeteners, flavors, colors, fillers	_____	_____
Manufacturer details	Company name and contact information	_____	_____
Quality documentation	Any available identity, purity, and contaminant testing details	_____	_____

Quality note: A Certificate of Analysis (COA), when available, should be checked for what it actually tests, which batch it covers, and whether the methods and specifications are identified. A COA alone does not prove clinical effectiveness or guarantee suitability for every person.

3. Safety Check Before Use

Review these points with the product label and, where relevant, a pharmacist or healthcare professional.

■	Fluid instructions checked. Psyllium products commonly require mixing with at least 8 oz (240 mL) of liquid; follow the exact label.
■	Medicine interactions reviewed. Ask a pharmacist whether the product needs to be separated from your medicines and by how long.
■	Swallowing difficulties or a history of intestinal blockage discussed with a healthcare professional before using a bulk-forming product.
■	Possible gas, bloating, or abdominal discomfort considered; ask whether a gradual increase is appropriate.
■	Warning symptoms understood: difficulty breathing or swallowing, chest pain after use, vomiting, or rectal bleeding require prompt medical attention.

4. Questions to Ask Your Pharmacist or Healthcare Professional

■ Is this ingredient appropriate for my reason for considering a fiber supplement?

■ Could it affect the absorption or timing of any medicine I take?

■ Are there health conditions or symptoms that mean I should avoid this product?

■ What fluid instructions and serving directions apply to this exact product?

■ What should I do if constipation or digestive symptoms persist or worsen?

My comparison notes

Product / ingredient I am reviewing:	
Questions I still have:	
Information to confirm with a professional:	

Important: This worksheet is for education and label comparison only. It is not medical advice, a diagnosis, or a recommendation to start, stop, or change a supplement or medicine. Seek professional advice for persistent constipation, unexplained symptoms, or concerns about medicine interactions.

Evidence sources

• AGA–ACG Clinical Practice Guideline: Pharmacological Management of Chronic Idiopathic Constipation — https://gastro.org/clinical-guidance/pharmacological-management-of-chronic-idiopathic-constipation/

• British Dietetic Association Guidelines for the Dietary Management of Chronic Constipation in Adults (2025) — https://doi.org/10.1111/jhn.70133

• MedlinePlus: Psyllium Drug Information — https://medlineplus.gov/druginfo/meds/a601104.html

• U.S. FDA: Questions and Answers on Dietary Supplements — https://www.fda.gov/food/information-consumers-using-dietary-supplements/questions-and-answers-dietary-supplements