

1-000-0232-03



Metamucil Original Coarse

Mix Metamucil® Original Coarse into at least 8 ounces of water or your favorite beverage for a convenient way to add fiber to your diet and help lower cholesterol.*

Available Sizes

- 48, 72, or 114 doses

Why Is Metamucil Better?

Metamucil gives you more. It's the #1 doctor, pharmacist,[†] and gastroenterologist[‡] recommended fiber brand.

Metamucil Original Coarse Fiber Supplement Powder Information and Facts

Rely on Metamucil for these important multiple health benefits:

- Helps lower cholesterol to promote heart health*
- Promotes digestive health†
- Low glycemic index*†
- Gluten free (less than 20 ppm gluten)*

Serving Size 1 rounded tsp (7g)
Servings Per Container 114

Amount Per Serving	%DV*
Calories 25	
Total Carb. 7g	2%*
Dietary Fiber 3g	12%*
Soluble Fiber 2g	†
Sugars 3g	†
Iron 0.4mg	2%
Sodium 5mg	<1%
Potassium 30mg	<1%

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

† Daily Value not established.

* Psyllium fiber, as in Metamucil powders and capsules, is recognized by the FDA to treat occasional constipation and help lower cholesterol. Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk may reduce the risk of heart disease by lowering cholesterol. One adult dose of Metamucil has at least 2.1 grams of this soluble fiber. Use as directed. May contain trace amounts of gluten. If you have specific dietary needs, you should consult your doctor before consuming this product. This Metamucil product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.



† THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



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Original coarse

Psyllium fiber powder

NET WT 29 OZ (1.8 LBS) 822 g

114 DOSES

*See back for information about soluble fiber and heart disease and for