

1-000-0573-03



Metamucil Orange Smooth

Mix Metamucil® Orange Smooth 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.* Metamucil Orange Smooth is also available in Sugar Free.

Available Sizes

- 48, 72, 114, or 228 doses, and in 30-count packets

Why Is Metamucil Better?

Metamucil gives you more. It's the #1 doctor, pharmacist,¹ and gastroenterologist² recommended fiber brand.

Metamucil Orange Smooth 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)*

Daily fiber supplement. Each serving adds 3 grams of fiber to your diet.

Serving Size 1 rounded Tbsp (12g)	
Servings Per Container 114	
Amount Per Serving	% DV*
Calories 45	
Total Carb. 12g	4%*
Dietary Fiber 3g	12%*
Soluble Fiber 2g	†
Sugars 9g	†
Iron 0.8mg	4%
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.



Under 6 yrs. Consult a doctor

Bulk-forming fibers like psyllium husk may affect how well other medicines work. If you are taking a prescription medicine by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine. As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.

New Users

Start with 1 dose per day; gradually increase to 3 doses per day as necessary.

Other information

- each tablespoon contains: potassium 30 mg; sodium 5 mg
- store at room temperature tightly closed to protect from humidity
- see bottom of canister for expiration date
- contains a 100% natural, therapeutic fiber

Inactive ingredients

citric acid, FD&C Yellow No. 6, natural and artificial orange flavor, sucrose

Questions?

Dist. by Procter & Gamble, Cincinnati OH 45202

PRINCIPAL DISPLAY PANEL - 1.36 kg Canister

100% Natural Psyllium
Daily fiber supplement/
Therapy for regularity

Metamucil®
MultiHealth Fiber

P&G

WORLDWIDE
PARTNER

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

Orange smooth

Psyllium fiber powder
Naturally and artificially flavored

NET WT 48.2 OZ (3 LBS) 1.36 kg
114 DOSES

*See back for information about soluble fiber and heart disease and for information about low glycemic index and gluten.



Metamucil® MultiHealth Fiber is the same great psyllium fiber that consumers have trusted for over 75 years!

Fiber Supplement Information

Uses • Daily fiber supplement. Each serving adds 3 grams of fiber to your diet.

• For lowering cholesterol to promote heart health. Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in Metamucil, may reduce the risk of heart disease by lowering cholesterol. One adult dose of Metamucil has 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of this product as part of a cholesterol-lowering program.

Warnings Read entire label, including warnings in Drug Facts.

Directions Adults 12 yrs. & older: 1 rounded TABLESPOON in 8 oz of liquid up to 3 times daily for daily fiber supplement; 3 times daily for cholesterol lowering to promote heart health. Under 12 yrs.: Consult a doctor. See mixing directions in Drug Facts. NOTICE: Mix this product with at least 8 oz (a full glass) of liquid. Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing.

This Metamucil product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.†

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 1 rounded Tbsp (12g)
Servings Per Container 114

Amount Per Serving	% DV*
Calories 45	
Total Carb. 12g	4%*
Dietary Fiber 3g	12%*
Soluble Fiber 2g	†
Sugars 9g	†
Iron 0.8mg	4%
Sodium 5mg	<1%
Potassium 30mg	<1%

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Drug Facts

Active ingredient (in each TABLESPOON) Purpose
Psyllium husk approximately 3.4 g Fiber therapy for regularity

Uses
• effective in treating occasional constipation and restoring regularity

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.

Allergy alert: This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium.

Ask a doctor before use if you have • a sudden change in bowel habits persisting for 2 weeks • abdominal pain, nausea or vomiting

Stop use and ask a doctor if • constipation lasts more than 7 days • rectal bleeding occurs
These may be signs of a serious condition.

Keep out of reach of children. In case of overdose, contact a doctor or a Poison Control Center right away.

Directions Put one dose into an empty glass. Mix this product (child or adult dose) 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. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir.

Adults 12 yrs. & older 1 rounded TABLESPOON in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12–72 hours.

6–11 yrs. ½ adult dose in 8 oz of liquid, up to 3 times daily

Under 6 yrs. Consult a doctor

Bulk-forming fibers like psyllium husk may affect how well other medicines work. If you are taking a prescription medicine by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine. As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.

New Users: Start with 1 dose per day; gradually increase to 3 doses per day as necessary.

Other information

- each tablespoon contains: potassium 30 mg; sodium 5 mg
- store at room temperature tightly closed to protect from humidity
- see bottom of canister for expiration date
- contains a 100% natural, therapeutic fiber

Inactive ingredients citric acid, FD&C Yellow No. 6, natural and artificial orange flavor, sucrose

Questions? 1-800-983-4237

P&G, Proud Partner of the U.S. Olympic Team
36 USC 220506

INGREDIENTS: SUCROSE, PSYLLIUM HUSK, CITRIC ACID, NATURAL AND ARTIFICIAL ORANGE FLAVOR, YELLOW 6.
Dist. by Procter & Gamble, Cincinnati OH 45202
GLUTEN FREE (may contain trace amounts less than 20 ppm). If you have specific dietary needs, you should consult your doctor before consuming this product.
Do not use if printed inner seal is broken or missing.
www.metamucil.com
© 2011 P&G

NDC 37000-023-07

†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.

999270691

0 37000 74134 3