

1-000-5135-03



Use as directed.

Metamucil Psyllium Fiber Capsules

Metamucil® Psyllium Fiber Capsules make it easy to get fiber when you're on the go.

Metamucil Psyllium Fiber Capsules offer all of the benefits of 100% natural psyllium fiber in a convenient form.

Available Sizes

- 100-, 160-, or 300-capsule bottles

Why Is Metamucil Better?

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

Metamucil Psyllium Fiber Capsules 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.

Supplement Facts	
Serving Size 6 Capsules	
Servings Per Container 16,26, or 40	
Amount Per Serving	% DV*
Calories 10	
Total Carb. 3 g	1%*
Dietary Fiber 3 g	11%*
Soluble Fiber 2 g	†
Protein less than 1 g	
Iron 0.4 mg	2%
Potassium 30 mg	<1%
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	
† Daily Value (DV) not established.	



100% Natural Psyllium
Daily fiber supplement

Metamucil
MultiHealth Fiber

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

Psyllium Fiber Capsules

160 CAPSULES

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

PEEL BACK HERE FOR IMPORTANT PRODUCT INFORMATION