

1-000-6568-02



Metamucil Psyllium Fiber Capsules Plus Calcium

Metamucil® Psyllium Fiber Capsules Plus Calcium give you healthy fiber and are an excellent source of calcium.

Just one serving provides as much calcium as an 8 oz glass of milk (nondairy source). Add healthy fiber to your diet to help lower cholesterol* and get the calcium you need to build strong bones.

Available Sizes

- 120-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 Plus Calcium Supplement 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)*
- Excellent source of calcium

* Based on "Pharmacy Times" 2011 survey (laxative; bulk/fiber category).

† Among recommendations in a Wolters Kluwer survey 2010 (therapeutic fiber category)

For Osteoporosis

- Physical activity and adequate calcium throughout life, as part of a well-balanced diet along with physical activity, may reduce the risk of osteoporosis.

For Cholesterol Lowering* and 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 serving of Metamucil provides 2.1 grams of this soluble fiber.



* 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.

For Regularity†

- Metamucil provides 100% natural fiber, in the form of psyllium husk, to help promote and maintain regularity.
- Can be used for occasional constipation.

For Bone Health†

- Diets high in calcium can help build strong bones.

For Gastrointestinal Function†

- A healthy diet including fiber, such as psyllium, may help support GI function.

Supplement Facts

Serving Size 5 Capsules

Amount Per Serving	% DV*
Calories 10	
Total Carb. 3 g	1%*
Dietary Fiber 3 g	10%*
Soluble Fiber 2 g	†
Protein less than 1 g	
Calcium 300 mg	30%
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.

