



Metamucil Fiber Singles

Portable and ready to mix, Metamucil® Fiber Singles are the perfect way to get fiber on the go.

Mix one packet of tasty **Orange Smooth Texture** or **Orange Smooth Texture Sugar Free** in at least 8 ounces of water for a delicious, convenient way to add fiber to your diet.

Available Sizes

- **Orange Fiber Singles:** 30 single-dose powder packets (0.43 oz each)
- **Orange Sugar Free Fiber Singles:** 30 single-dose powder packets (0.21 oz each)
44 single-dose powder packets (0.21 oz each)

Why Is Metamucil Better?

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

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.



Orange Fiber Singles:

Supplement Facts

Serving Size: 1 packet (12g)
Servings Per Container: 30

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

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

† Daily Value (DV) not established.