

equate™

MC 1002-09-08

Compare to Metamucil® Multi-Benefit Fiber Active Ingredients

Daily Fiber

100% Psyllium Husk,
Bulk-Forming Fiber Laxative

Multi-Benefit Fiber Supplement

- Helps maintain healthy blood sugar levels as part of your diet**
- Helps lower cholesterol to promote heart health*
- Promotes digestive health**

Psyllium Fiber Capsules



Actual Size

160
CAPSULES

*See back for information about soluble fiber and heart disease.
**GLUTEN-FREE

When used as a daily fiber supplement:

Directions: Swallow 1 capsule at a time and take in an upright position. Bulk-forming fibers like psyllium husk require liquid to work. Take this product at least 2 hours before or after medicines.

Uses

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 this product, may reduce the risk of heart disease by lowering cholesterol. One serving of this product has 1.8 grams of this soluble fiber.

For maintaining healthy blood sugar levels as part of your diet**

For promoting and maintaining digestive health.** For occasional constipation and to help promote and maintain regularity.

**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.

NOTICE: Take 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. Allergy alert: This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium. Contact your doctor BEFORE USING this dietary supplement if you have recently experienced bowel habits persisting for 2 weeks, abdominal pain, nausea or vomiting. STOP USING this dietary supplement and ask a doctor if constipation lasts more than 7 days. These may be signs of a serious condition.

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Directions (Adults 12 yrs and over)

5 capsules 4 times daily. Consult your doctor if you are currently using medication to control your blood sugar levels.

2 to 5 capsules up to 4 times daily for fiber supplementation and to help promote and maintain regularity.

For children under 12, consult a doctor.

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Supplement Facts

Serving Size: 5 Capsules

Servings Per Container: 32

Amount Per Serving	% DV*
Calories 10	
Total Carb. 2 g	1%*
Dietary Fiber 2 g	12%*
Soluble Fiber 2 g	†
Protein less than 1 g	2%
Iron 0.4 mg	<1%
Potassium 25 mg	<1%

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

Ingredients: Psyllium husk, polysorbate 80, caramel color, etc.



LOT: 37326

EXP: 08/18
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PEEL HERE FOR DRUG FACTS