



Compare
to Metamucil®
4 in 1
MultiHealth
Fiber Content†

Daily Fiber

100% Psyllium Husk

Multi-Benefit Daily Fiber Supplement

- Helps you feel less hungry between meals**
- Helps maintain healthy blood sugar levels as part of your diet**
- Helps lower cholesterol to promote heart health*
- Promotes digestive health**
- Gluten-Free

Real Sugar

114
TEASPOON***
DOSES

Original Coarse

***Serving size varies. See DIRECTIONS AND SUGGESTED USE on back panel for more information.

Fill controlled by weight, not volume

†See back for information about soluble fiber and heart disease



†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.

Supplement Facts

Servings Per Container about 57
Serving Size 2 rounded Tsp. (14 g) 1 rounded Tsp. (7 g)

Amount Per Serving	50	25
Calories	% Daily Value*	% Daily Value*
Total Carbohydrate	13 g 4%*	7 g 2%*
Dietary Fiber	6 g 24%*	3 g 12%*
Soluble Fiber	5 g ††	2 g ††
Sugars	7 g ††	4 g ††
Iron	1.4 mg 8%	0.7 mg 4%
Sodium	10 mg <1%	5 mg <1%
Potassium	70 mg 2%	35 mg 1%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
††Daily Values (DV) not established.

INGREDIENTS: Sucrose, Psyllium Husk, Silica.

DISTRIBUTED BY: Wal-Mart Stores, Inc.,
Bentonville, AR 72716

*This product is not manufactured or distributed by Procter & Gamble, the owner of the registered trademark Metamucil® 4 in 1 MultiHealth Fiber.

Daily Fiber Benefits

DIRECTIONS AND SUGGESTED USE:

For feeling less hungry between meals**

Adults 12 yrs. and over: Two rounded teaspoons in 8 or more ounces of liquid with meals, up to 3 times daily.

For lowering cholesterol to promote heart health†

Adults 12 yrs. and over: One rounded teaspoon in 8 ounces of liquid, 3 times daily. †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 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of this product as a part of a cholesterol-lowering program.

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

Adults 12 yrs. and over: One rounded teaspoon in 8 ounces of liquid, 3 times daily. Consult your doctor before use if you are currently using medication to control your blood sugar levels.

For promoting and maintaining digestive health**

Adults 12 yrs. and over: One rounded teaspoon in 8 ounces of liquid up to 3 times daily for fiber supplementation. For occasional constipation and to help promote and maintain regularity. For children under 12, consult a doctor.

DIRECTIONS: Put powder into an empty glass. Mix this product with at least 8 ounces (a full glass) of liquid. Stir briskly and drink promptly. Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing.

Store at room temperature tightly closed to protect from humidity.

KEEP OUT OF REACH OF CHILDREN.

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 a sudden change in 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 or rectal bleeding occurs. These may be signs of a serious condition.

Bulk forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.

NEW USERS: Start with 1 serving per day; gradually increase to desired daily intake. You may initially experience changes in bowel habits or minor bloating, as your body adjusts to increased fiber intake.

Gluten-Free

If you have specific dietary needs, you should consult your doctor before consuming this product. This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.

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Satisfaction guaranteed -
Or we'll replace it or give you
your money back. For questions
or comments or to report an
undesired reaction or side effect,
please call 1-888-287-1915.

DO NOT USE IF PRINTED INNER SEAL IS
BROKEN OR MISSING

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LOT:

EXP:

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NET WT 29 OZ (1.8 LB) 822 g