

equate™

Compare
to Metamucil®
3 in 1
MultiHealth
Fiber†

Daily Fiber

100% Psyllium Husk Fiber

Multi-Benefit Fiber Supplement

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

Psyllium Fiber Capsules



Actual Size

100
CAPSULES

**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

20 Servings Per Container
Serving Size 5 Capsules

Amount Per Serving
Calories 10

% Daily Value*

Total Carb. 2 g 1%*

Dietary Fiber 2 g 12%*

Soluble Fiber 2 g ††

Protein less than 1 g

Iron 0.4 mg 2%

Potassium 30 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: Psyllium Husk, Gelatin, Polysorbate 80, Caramel Color, Edible Ink.

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® 3 in 1 MultiHealth Fiber.

Satisfaction guaranteed -
For questions or comments
please call 1-888-287-1915.

DIRECTIONS AND SUGGESTED USE: Swallow 1 capsule at a time and take in an upright position. 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.

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.

Directions (Adults 12 yrs and over)

5 capsules 4 times daily. Consult your doctor if you are considering use of this product as part of cholesterol-lowering program.

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

2 to 5 capsules up to 4 times daily for fiber supplementation. For children under 12, consult a doctor.

TAMPER EVIDENT: DO NOT USE IF PRINTED INNER SEAL IS BROKEN OR MISSING CAPSULES ARE SEALED USING A BAND AROUND THE MIDDLE.

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. 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.

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LOT:

EXP:

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