



Compare to
Metamucil®
MultiHealth
Fiber Active
Ingredient*

Daily Fiber

100% Psyllium Husk

Multi-Benefit 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†

Real Sugar

Original Coarse

Fiber Powder
No Artificial Ingredients

NET WT **29 OZ (1.8 LB)** 822 g

Fill controlled by weight, not volume

114
TEASPOON
DOSES

*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

Serving Size 1 teaspoon (7 g)
Servings Per Container 114

Amount Per Serving	%Daily Value***
Calories 25	
Total Carbohydrate 7 g	2%***
Dietary Fiber 3 g	12%***
Soluble Fiber 2 g	†
Sugars 4 g	†
Iron 1 mg	4%***
Sodium 5 mg	<1%
Potassium 35 mg	1%***

***Percentage Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

INGREDIENTS: Psyllium Hydrophilic Mucilloid (Husks), Sucrose.

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® MultiHealth.

DIRECTIONS:

For adults 12 yrs. and over: Put powder into an empty glass and mix with 8 oz. of water or other cool liquid. Stir briskly and drink promptly. This dietary supplement may be taken up to 3 times daily.

For children under 12: Consult a doctor.

New users: Start with 1 serving per day; gradually increase to desired daily intake.

NOTICE: This product should be taken with at least 8 oz. (a full glass) of liquid. Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek medical attention. Consult your doctor before using this dietary supplement if you have recently experienced a change in bowel habits persisting for 2 weeks. Stop using this dietary supplement and ask your doctor if you experience rectal bleeding or fail to have a bowel movement. These may be signs of a serious condition. Bulk forming fibers like psyllium may affect how well medicines work. Wait 1-2 hours before or after taking other medicines.

WARNING: Read entire label. Store at room temperature tightly closed to protect from excessive moisture. Keep out of reach of children. This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

ALLERGY ALERT: Inhaled or ingested psyllium powder may cause an allergic reaction in people sensitive to psyllium.

**Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium seed husk may reduce the risk of heart disease by lowering cholesterol. One serving provides 2 grams of this soluble fiber.

DO NOT USE IF PRINTED SEAL UNDER CAP IS TORN OR MISSING



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.

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