

equate

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†

Sugar Free

Orange Smooth

Naturally and Artificially Flavored
Fiber Powder



48
TEASPOON
DOSES

NET WT 10 OZ (0.6 LB) 283 g

Fill controlled
by weight,
not volume

*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 (5.8 g)
Servings Per Container 48

Amount Per Serving	%Daily Value***
Calories 20	
Total Carbohydrate 5 g	2%***
Dietary Fiber 3 g	14%***
Soluble Fiber 2 g	†
Sugars 0 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), Maltodextrin, Citric Acid, Silicon Dioxide, Natural and Artificial Flavor, Aspartame, FD&C Yellow No. 6.

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.

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

PHENYLKETONURICS: CONTAINS PHENYLALANINE.

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

**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.



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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