

equate™

Compare
to Metamucil®
3 in 1
MultiHealth
Fiber!

Natural Fiber Capsules

100% Natural Psyllium Husk Fiber

Daily Fiber Supplement

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

Psyllium Fiber Capsules

300
CAPSULES



Actual Size

†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

Serving Size 5 Capsules
Servings Per Container 60

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	
Iron 0.4 mg	2%
Potassium 25 mg	< 1%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
††Daily Value (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, distributor of Metamucil® 3 in 1 MultiHealth Fiber.

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.

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 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 adjust 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.

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

**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.

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.



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

LOT:

EXP:

119300XXLR