

When used as a therapy for regularity:

Drug Facts	
Active ingredient (in each TABLESPOON)	Purpose
Psyllium husk (approximately 3.4 g)	Fiber laxative
Uses	
• for relief of occasional constipation (irregularity). This product generally produces bowel movement in 12 to 72 hours.	
Warnings	
Caution: 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 immediate medical attention.	
Allergy alert: This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium.	
Ask a doctor before use if you have	
• abdominal pain, nausea or vomiting • a sudden change in bowel habits persisting for 2 weeks	
Ask a doctor or pharmacist before use if you are taking any other drugs. Take this product 2 or more hours before or after other drugs. Laxatives may affect how other drugs work.	
Stop use and ask a doctor if	
• constipation lasts more than 7 days • rectal bleeding occurs • you fail to have a bowel movement These may be signs of a serious condition.	
Keep out of reach of children. In case of overdose, contact a doctor or a Poison Control Center right away.	
Directions Put one dose into an empty glass. Mix this product (child or adult dose) with at least 8 ounces (a full glass) of water or other fluid. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir. For a lighter flavor experience and thinner drink, use more water.	
Adults 12 yrs. and older 1 rounded TABLESPOON in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily.	
6-11 yrs. 1/2 rounded TABLESPOON in 8 oz of liquid, up to 3 times daily.	
Under 6 yrs. Consult a doctor	
As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.	
New Users: Start with 1 dose per day; gradually increase to 3 doses per day as necessary.	
Other information	
• each Table Spoon contains: potassium 35 mg; sodium 5 mg • store at room temperature tightly closed to protect from humidity	
Inactive ingredients citric acid, FD&C Yellow No. 6, natural and artificial orange flavor, sucrose	



4 in 1 MultiHealth FIBER!™



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*

made with **REAL SUGAR**

ORANGE SMOOTH

fiber powder / naturally and artificially flavored

48
Tablespoons**

NET WT 20.3 OZ (1.2 LBS) 575 g

NDC 37000-023-05

When used as a daily fiber supplement:

Supplement Facts			
Serving Size	2 rounded Tbsp (24 g)	1 rounded Tbsp (12 g)	
Servings Per Container	About 24*	About 48	
Amount Per Serving	% DV*	% DV*	
Calories	90	45	
Total Carbohydrate	23 g	8V*	12 g
Dietary Fiber	6 g	24%*	3 g
Soluble Fiber	5 g	†	2 g
Sugars	16 g	†	8 g
Iron	1.4 mg	8%	0.7 mg
Sodium	10 mg	<1%	5 mg
Potassium	70 mg	2%	35 mg

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

INGREDIENTS: Sucrose, psyllium husk, citric acid, natural and artificial orange flavor, Yellow 6
DIST. BY PROCTER & GAMBLE, CINCINNATI OH 45202

DO NOT USE IF PRINTED INNER SEAL IS BROKEN OR MISSING.

Directions Put powder into an empty glass and mix with 8 oz of water or other cool liquid. Stir briskly and drink promptly. Take up to 3 times daily.

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.

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

Important Information:

- store at room temperature tightly closed to protect from humidity
- keep out of reach of children

NOTICE: Mix 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.
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.

FOR FEELING LESS HUNGRY BETWEEN MEALS*

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

FOR MAINTAINING HEALTHY BLOOD SUGAR LEVELS AS PART OF YOUR DIET*

Adults 12 yrs. and over: One rounded Tablespoon 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 LOWERING CHOLESTEROL TO PROMOTE HEART HEALTH*

Adults 12 yrs. and over: One rounded Tablespoon in 8 ounces of liquid, 3 times daily. This low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in MetaMucil, may reduce the risk of heart disease by lowering cholesterol. One serving of MetaMucil has 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of this product as part of a cholesterol-lowering program.

FOR PROMOTING AND MAINTAINING DIGESTIVE HEALTH*

Adults 12 yrs. and over: One rounded Tablespoon 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.

*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.

0 37000 74078 0

*See back for information about soluble fiber and heart disease.

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

? Questions? 1-800-983-4237



© 2017
www.metawellness.com
Patents: www.pg.com/patents
96369850