



INDIVIDUAL PACKETS
SEALED FOR YOUR
PROTECTION

Supplement Facts

Serving Size 1 packet (8.7 g)
Servings Per Container 30

Amount Per Serving	%DV*
Calories 35	
Total Carbohydrates 8 g	3%*
Dietary Fiber 4 g	16%*
Soluble Fiber 4 g	†
Sugars 0 g	†
Iron 0.7 mg	4%
Sodium 10 mg	<1%
Potassium 50 mg	1%

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

INGREDIENTS: Psyllium husk, maltodextrin, artificial flavor, citric acid, malic acid, acesulfame potassium, aspartame, Red 40, Blue 1

DISTRIBUTED BY: PROCTER & GAMBLE, CINCINNATI, OH 45202

Also sold as Metamucil and Meta Daily Blood Sugar Support.

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 reactions 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.

Clinically proven to help lower total and bad (LDL) cholesterol.†

†Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in Meta Daily Heart Health, may reduce the risk of heart disease by lowering blood total- and LDL-cholesterol. One serving of Meta Daily Heart Health has 3.6 grams of this soluble fiber. Consult a doctor if you are considering use of this product as part of a cholesterol-lowering program.

**TRAPS
CHOLESTEROL**

**REMOVES SOME
CHOLESTEROL**

**HELPS LOWER
CHOLESTEROL†**

HOW IT WORKS

The psyllium in Meta Daily Heart Health forms a gel that traps and removes some cholesterol.†

Directions: ADULTS 12 YRS AND OVER. Put contents of one packet into an empty glass and mix with 8 or more ounces of water or other cool liquid. More water equals lighter flavor. Stir briskly and drink promptly. Take up to 2 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 the 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:

- **PHENYLKETONURICS:** CONTAINS PHENYLALANINE, 24 mg per packet
- store at room temperature
- keep out of reach of children

QUESTIONS? 1-800-983-4237

Patents: www.pg.com/patents



CLINICALLY PROVEN

to help lower total and bad (LDL) cholesterol†

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

SUGAR-FREE  **BERRY SMOOTH**
not a low calorie food / artificially flavored

30 - 0.30 OZ (8.7 g) POWDER PACKETS
(TOTAL NET WT 9 OZ (261 g))



30
PACKETS

Meta Daily Heart Health singles are ready to mix and enjoy wherever you are: at home, in the office, or on the go. It's a portable way to help your body get an extra serving of 100% natural psyllium fiber every day.



AT HOME



AT WORK



ON THE GO



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