

Rooted in Nature
BACKED BY SCIENCE.
INSPIRING CHANGE.

We believe that while change isn't always easy, it is inevitable.

An ancient adage says, "A journey of a thousand miles begins with a single step." This still holds true today, especially when it comes to health and wellness.

In 1934, Metamucil 100% natural psyllium fiber was introduced to the world.

Psyllium husk is harvested from *Plantago ovata*, an ancient plant traditionally grown in India.

The husk is stone ground from the seed and is the natural foundation for Metamucil Free.

We appreciate and celebrate the difference a natural ingredient, like psyllium husk, can make in the quality of one's life. A relative of chia, psyllium is the trusted ingredient in Metamucil that has been used for digestive health for over 80 years. Free of artificial sweeteners, flavors, colors, and gluten, Metamucil Free is the perfect choice to support your healthy lifestyle.

For a sugar free option try Metamucil psyllium capsules, which are also gluten free and have no added sweeteners, colors, or flavors.

GLUTEN-FREE (may contain trace amounts less than 20ppm). If you have specific dietary needs, you should consult your doctor before consuming this product.

? Questions? 1-800-983-4237

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Patents: www.pg.com/patents
P&G
91187466

#1
DOCTOR
RECOMMENDED
BRAND

MAKE A CHANGE

Meta

MUCIL®
FREE

DAILY FIBER
SUPPLEMENT

FREE & Natural

✓ **FREE FROM:**
artificial sweeteners, colors,
flavors, and gluten

🌿 **100% NATURAL**
psyllium husk

Promotes **digestive health***

Helps you **feel less hungry**
between meals*

made with **REAL SUGAR**

STONE GROUND TEXTURE
fiber powder

114
teaspoons**

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

NET WT 29 OZ (1.8 LBS) 822 g

Supplement Facts

Serving Size	2 Rounded tsp (14 g)	1 Rounded tsp (7 g)
Servings per Container	About 57	About 114
Amount Per Serving	% DV*	% DV*
Calories	50	25
Total Carbohydrate	13g 4%*	7 g 2%*
Dietary Fiber	6 g 24%*	3 g 12%*
Soluble Fiber	5 g †	2 g †
Sugars	7 g †	4 g †
Iron	1.4 mg 8%	0.7 mg 4%
Sodium	10 mg <1%	5 mg <1%
Potassium	70 mg 2%	35 mg 1%

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

† Daily Value not established.

INGREDIENTS: Sugar, psyllium husk

Distributed By: Procter & Gamble, Cincinnati, OH 45202

! **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.

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

! **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.

METAMUCIL® FREE

FREE FROM:

- ✓ Artificial Sweeteners
- ✓ Artificial Colors
- ✓ Artificial Flavors
- ✓ Gluten

MADE WITH:

- ✓ 100% Natural Psyllium Husk
- ✓ 100% Real Sugar

* 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.

DO NOT USE IF PRINTED INNER SEAL
IS BROKEN OR MISSING

META MIXER

Adults 12yrs and older enjoy up to 3 times per day

For feeling less hungry between meals*:
Two rounded teaspoons

For promoting and maintaining
digestive health*: One rounded teaspoon

1  Put powder into an empty glass.

2  Mix briskly with 8oz of your favorite cool liquid.

3  Drink promptly & enjoy!

Metamucil Free has a hearty, natural taste and texture in plain water, which some may prefer.

For an enhanced experience use flavored water or juice, try mixing with your favorite flavored dairy, nut or soy milk, or blend with your smoothie!

Visit www.metawellness.com for more recipes.

Also sold as Metamucil Original Coarse

