

**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. Today the psyllium fiber in Metamucil is shown to give you 4 science-backed health benefits in 1 product.

What a great way to start your wellness journey with a fiber boost! Make a change today with Metamucil MultiHealth fiber.

For other ways to get MultiHealth benefits, try Metamucil psyllium capsules or Meta Health Bars™. Also try MetaBiotic™, a probiotic supplement. Meta makes it easy and convenient to take a step to support your overall health!

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

This Metamucil product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.

? **Questions?** 1-800-983-4237



MAKE A CHANGE

Meta

MUCIL®

100% NATURAL PSYLLIUM HUSK
DAILY FIBER
SUPPLEMENT

**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***

NO ADDED SWEETENERS
ORIGINAL SMOOTH
fiber powder

114
teaspoons**

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

NET WT 23.3 OZ (1.4 LBS) 660 g

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

Supplement Facts

Serving Size 2 rounded teaspoons (10.8 g) 1 rounded teaspoon (5.4 g)
Servings Per Container About 57 About 114

Amount Per Serving	% DV*	%DV*
Calories	45	20
Total Carbohydrate	11 g 4%*	5 g 2%*
Dietary Fiber	6 g 24%*	3 g 12%*
Soluble Fiber	5 g †	2 g †
Sugars	0 g †	0 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: Psyllium husk, maltodextrin, citric acid
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.

METAMUCIL® MULTIHEALTH FIBER BENEFITS

FOR FEELING LESS HUNGRY BETWEEN MEALS*

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

FOR LOWERING CHOLESTEROL TO PROMOTE HEART HEALTH†

Adults 12 yrs. and over: One rounded teaspoon in 8 ounces of liquid, 3 times daily.
†Diets 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 MAINTAINING HEALTHY BLOOD SUGAR LEVELS AS PART OF YOUR DIET*

Adults 12 yrs. and over:
One rounded teaspoon 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 PROMOTING AND MAINTAINING DIGESTIVE HEALTH*

Adults 12 yrs. and over:
One rounded teaspoon 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.

