

When used as a therapy for regularity:

Drug Facts

Active ingredient (in each TEASPOON) 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
Choking: 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 drug. 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. & older	1 rounded TEASPOON 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 TEASPOON 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 teaspoon contains: potassium 35 mg; sodium 5 mg
• PHENYLKETONURICS: CONTAINS PHENYLALANINE, 25 mg per teaspoon
• store at room temperature tightly closed to protect from humidity

Inactive ingredients aspartame, citric acid, FD&C Yellow No. 6, maltodextrin, natural and artificial orange flavor



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*

SUGAR-FREE not a low calorie product
ORANGE SMOOTH
fiber powder / naturally and artificially flavored

48 teaspoons**

NET WT 10 OZ (283 g)

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

NDC 37000-024-01

When used as a daily fiber supplement:

Supplement Facts

Serving Size	2 rounded teaspoons (11.6 g)	1 rounded teaspoon (5.8 g)
Servings Per Container	About 24	About 48
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, natural and artificial orange flavor, aspartame, Yellow 6
DIST. BY PROCTER & GAMBLE, CINCINNATI OH 45202

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 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 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 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.



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
• PHENYLKETONURICS: CONTAINS PHENYLALANINE, 25 mg per teaspoon
• store at room temperature tightly closed to protect from humidity
• keep out of reach of children



96300047