

When used as a therapy for regularity:

Drug Facts	
Active ingredient (in each PACKET)	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 packet in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily.
6 - 11 yrs.	1/2 packet 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 packet contains: potassium 35 mg; sodium 5 mg	
• store at room temperature	
Inactive ingredients	
citric acid, FD&C Yellow No. 6, natural and artificial orange flavor, sucrose	



When used as a daily fiber supplement:

Supplement Facts			
Serving Size	2 packets (24 g)	1 packet (12 g)	
Servings Per Container	15	30	
Amount Per Serving	% DV*	% DV*	
Calories	90	45	
Total Carbohydrate	23 g	12 g	8%*
Dietary Fiber	6 g	3 g	24%*
Soluble Fiber	5 g	2 g	†
Sugars	16 g	8 g	†
Iron	1.4 mg	0.7 mg	8%
Sodium	10 mg	5 mg	<1%
Potassium	70 mg	35 mg	2%

* 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

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.

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 packets 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 packet 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 packet 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 packet 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.

Important Information:
• store at room temperature
• keep out of reach of children

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.

Fiber Singles are pre-measured and ready to mix and enjoy as directed 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.

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!

 *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.



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