



APPETITE CONTROL

DIETARY SUPPLEMENT

Staying on track with a healthy lifestyle means exercising and eating right. When it comes to food, avoiding snacks between meals can be a daily challenge and the smallest temptation can derail your best efforts.

Meta Appetite Control helps curb hunger between meals so you can "break up" with your daily snack cravings.

Meta Appetite Control contains 100% natural psyllium which when used regularly is clinically proven to help you feel less hungry between meals.*

Add Orange Zest or Pink Lemonade Quench to water to make 'staying on track' delicious. An unflavored drink mix is also available to add to your favorite smoothie or cold beverage.

* THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



APPETITE CONTROL

DIETARY SUPPLEMENT

CLINICALLY PROVEN

to help you
feel less hungry
between meals*

SUGAR-FREE not a low calorie food

ORANGE ZEST

fiber powder / naturally and artificially flavored



57
servings

NET WT 23.3 OZ (662 g)

Supplement Facts

Serving Size 2 rounded teaspoons (11.6 g)

Servings Per Container 57

Amount Per Serving	%DV*
Calories 45	
Total Carbohydrates 11 g	4%*
Dietary Fiber 6 g	24%*
Soluble Fiber 5 g	†
Sugars 0 g	†
Iron 1.4 mg	8%
Sodium 10 mg	<1%
Potassium 70 mg	2%

* 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

DISTRIBUTED BY: PROCTER & GAMBLE, CINCINNATI, OH 45202

Also sold as Metamucil, Meta Daily Heart Health, and Meta Daily Blood Sugar Support

DIRECTIONS: ADULTS 12 YRS AND OVER. Put two rounded teaspoons 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 with meals 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

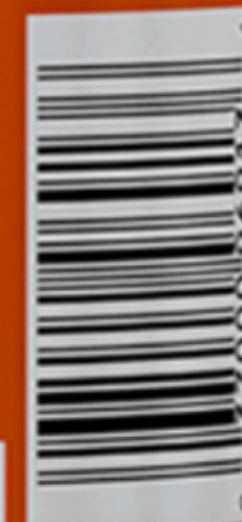
GLUTEN FREE (may contain trace amounts less than 20 ppm). If you have specific dietary needs, you should consult your doctor before consuming this product.

QUESTIONS? 1-800-983-4237
WWW.METAWELLNESS.COM



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Patents: www.pg.com/patents



DO NOT USE IF INNER SEAL IS BROKEN OR MISSING

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.