

to help maintain healthy blood sugar levels as part of your diet*
SUGAR-FREE  PINK LEMONADE
not a low calorie food / naturally flavored
*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.
*psyllium husk
30 PACKETS

CLINICALLY PROVEN[^]

DAILY
BLOOD
SUGAR
SUPPORT
DIETARY SUPPLEMENT



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SUGAR
SUPPORT
DIETARY SUPPLEMENT

INDIVIDUAL PACKETS
SEALED FOR YOUR
PROTECTION

Supplement Facts

Serving Size 1 packet (8.9 g)
Servings Per Container 30

Amount Per Serving	%DV*
Calories 35	
Total Carbohydrates 8 g	3%*
Dietary Fiber 4 g	16%*
Soluble Fiber 4 g	†
Sugars 0 g	†
Iron 0.7 mg	4%
Sodium 10 mg	<1%
Potassium 55 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 flavor, acesulfame potassium, aspartame, Red 40

DISTRIBUTED BY: PROCTER & GAMBLE, CINCINNATI, OH 45202

Also sold as Metamucil and Meta Daily Heart Health.

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.



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SUGAR-FREE  PINK LEMONADE
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30 - 0.31 OZ (8.9 g) POWDER PACKETS
(TOTAL NET WT 9.3 OZ (267 g))



30
PACKETS

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Directions: ADULTS 12 YRS AND OVER. Put contents of one packet 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 2 times daily. Consult your doctor before use if you are currently using medication to control your blood sugar levels.

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 the 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, 29 mg per packet
- store at room temperature
- keep out of reach of children

QUESTIONS? 1-800-983-4237

Patents: www.pg.com/patents



Clinically proven psyllium helps maintain healthy blood sugar levels as part of your diet.*

TRAPS SOME CARBOHYDRATES AND SUGAR

SLOWS SUGAR ABSORPTION

HELPS MAINTAIN HEALTHY BLOOD SUGAR LEVELS*

HOW IT WORKS

The psyllium in Meta Daily Blood Sugar Support forms a gel that slows down sugar absorption to help maintain healthy blood sugar levels.*

Meta Daily Blood Sugar Support singles are ready to mix and enjoy 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.



AT HOME



AT WORK



ON THE GO

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30
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