

Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in this product, may reduce the risk of heart disease. One serving of this product has 1.8 grams of this soluble fiber.

DIRECTIONS:

Adults and children 12 years and over: Take 5 capsules with at least 8 ounces of liquid. Swallow 1 capsule at a time and take in an upright position. May be taken up to 4 times daily. Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.

New users: Start with 1 dose per day, gradually increase to 3 doses per day as necessary. As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.

Children under 12 years: ask a doctor

WARNINGS: Take this product with at least 8 ounces (a full glass) of liquid. Taking without enough liquid may cause choking. Do not use if you have difficulty in swallowing.

Allergy alert: This product may cause an allergic reaction in people sensitive to inhaled or ingested psyllium.

Contact your doctor before using this product if you have recently experienced a sudden change in bowel habits persisting for 2 weeks, abdominal pain, nausea or vomiting. Stop using this product and consult a doctor if constipation lasts more than 7 days or rectal bleeding occurs. These may be signs of a serious condition.

KEEP OUT OF REACH OF CHILDREN.

Store at room temperature tightly closed to protect from humidity.

DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

Free of: sugar, starch, yeast, soy, gluten, milk, fish, shellfish, tree nuts, peanuts, preservatives, artificial colors-flavors

***Compare to fiber in MetaMUCIL® Capsules**



Psyllium

DIETARY FIBER SUPPLEMENT

160 CAPSULES

Supplement Facts

Serving Size 5 Capsules
Servings per container 32

Amount Per Serving	% Daily Value**	
Calories	10	
Total Carbohydrates	2 g	1%**
Dietary Fiber	2 g	12%**
Soluble Fiber	2 g	†
Iron	0.4 mg	2%
Potassium	25 mg	<1%

** Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Ingredients: Psyllium husk, gelatin

Distributed by:

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*This product is not manufactured or distributed by Procter & Gamble, owner of the registered trademark MetaMUCIL® Capsules.

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