



DAILY FIBER SUPPLEMENT
100% NATURAL PSYLLIUM HUSK

**PROMOTES DIGESTIVE HEALTH
AND REGULARITY[‡]**

**COMPARE TO ACTIVE INGREDIENT
IN METAMUCIL[®]+**

NET WT 13 OZ (368 g)

Fill controlled by weight, not volume

52 TEASPOON DOSES

[‡]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.

Supplement Facts

Serving Size 1 rounded teaspoon (7 g)

Servings per container About 52

Amount per serving		% DV*
Calories	25	
Total Carbohydrate	7 g	3%
Dietary Fiber	3 g	11%
Soluble Fiber	2 g	**
Sugars	4 g	**
Iron	0.7 mg	4%
Sodium	5 mg	<1%
Potassium	35 mg	<1%

*Percent Daily Value (% DV) is based on a 2,000 calorie diet.

**Daily Value (DV) not established.

INGREDIENTS: Sucrose and Psyllium Husks.

Directions: Put powder into an empty glass and mix with 8 oz of water or other cool liquid. Stir briskly and drink promptly.

Adults 12 years & older: 1 rounded TEASPOON in 8 oz of liquid 1 to 3 times daily.

Children under 12 years: Ask a doctor.

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.

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.

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.

Important Information:

- store at room temperature
- keep out of reach of children

⚠ WARNING This product can expose you to Lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov

DIST. BY: GERI-CARE PHARMACEUTICALS CORP.
1650 63rd STREET, BROOKLYN, NEW YORK 11204

+This product is not manufactured or distributed by Procter & Gamble, owner of the registered trademark Metamucil[®].

**TAMPER EVIDENT: DO NOT
USE IF IMPRINTED INNER FOIL
SEAL IS BROKEN OR MISSING.**



3

7853-02-19