

→ Tamper Evident: Do not use if printed inner seal is broken or missing.
 PEEL BACK HERE READ ENTIRE LABEL INCLUDING WARNINGS & PRODUCT INFORMATION.

#1
 DOCTOR
 RECOMMENDED
 BRAND

MAKE A CHANGE

Meta
MUCIL®

100% NATURAL PSYLLIUM HUSK
 CALCIUM / DAILY FIBER
 SUPPLEMENT

4 in 1 MultiHealth
FIBER!™

- Helps lower cholesterol to promote heart health†
- Helps maintain healthy blood sugar levels as part of your diet*
- Promotes digestive health*
- Excellent source of calcium

PSYLLIUM FIBER
 CAPSULES • CALCIUM

120
 CAPSULES

*See back for
 information
 about soluble
 fiber and
 heart disease

* 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.

Supplement Facts

Serving Size 5 Capsules
 Servings Per Container 24

Amount Per Serving	% DV*
Calories 15	
Total Carb. 3 g	1%*
Dietary Fiber 3 g	12%*
Soluble Fiber 2 g	†
Protein less than 1 g	
Calcium 300 mg	30%
Iron 0.4 mg	2%
Potassium 30 mg	<1%

*Percent Daily Values (%DV) are
 based on a 2,000 calorie diet.
 † Daily Value not established.

INGREDIENTS: Psyllium husk,
 calcium carbonate, gelatin,
 croscopovidone, titanium
 dioxide (color), Yellow 6 Lake,
 Blue 1 Lake, Red 40 Lake

120
 CAPSULES

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 information
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 fiber and
 heart disease

DIST. BY PROCTER & GAMBLE,
 CINCINNATI OH 45202

Directions Swallow 1 capsule at a time and take in an upright position. 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 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.

Uses

For osteoporosis. Adequate calcium throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

† *For lowering cholesterol to promote heart health.* 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 2.1 grams of this soluble fiber.

*For maintaining healthy blood sugar levels as part of your diet.**

*For promoting and maintaining digestive health.** For occasional constipation and to help promote and maintain regularity.

Directions Swallow 1 capsule at a time and take in an upright position. 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 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.

Uses	Directions (Adults 12 yrs and over)
<i>For osteoporosis.</i> Adequate calcium throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.	5 capsules up to 4 times daily for an excellent source of calcium
<i>For lowering cholesterol to promote heart health.</i> 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 2.1 grams of this soluble fiber.	5 capsules 4 times daily. Consult a doctor if you are considering use of this product as part of a cholesterol-lowering program.
<i>For maintaining healthy blood sugar levels as part of your diet.*</i>	5 capsules 4 times daily. Consult your doctor before use if you are currently using medication to control your blood sugar levels.
<i>For promoting and maintaining digestive health.*</i> For occasional constipation and to help promote and maintain regularity.	2 to 5 capsules up to 4 times daily for fiber supplementation. For children under 12, consult a doctor.



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