DG | health

Compare to Metamucil® Capsules*

Dietary Fiber Supplement

- Made with 100% psyllium fiber
- Helps lower cholesterol to promote heart health

100 Capsules

Actual Capsule Size

DO NOT USE IF PRINTED SEAL UNDER CAP IS TORN OR MISSING.

Supplement Facts

Serving Size: 5 Capsules
Servings Per Container: 20

Amount Per Serving	% DV*
Calories 10	
Total Carb. 2 g	1%*
Dietary Fiber 2 g	12%*
Soluble Fiber 2 g	†
Protein Less than 1 gram	
Iron 0.4 mg	2%
Potassium 25 mg	<1%

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

INGREDIENTS: Psyllium husk, gelatin, polysorbate 80, caramel color, acacia, black iron oxide.

DISTRIBUTED BY DOLGENCORP, LLC
100 MISSION RIDGE
GOODLETTSVILLE, TN 37072

100% SATISFACTION GUARANTEED!
(888) 309-9030

*This product is not manufactured or distributed by Procter & Gamble, the distributor of METAMUCIL® Capsules.

Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium seed husk, may reduce the risk of heart disease by lowering cholesterol levels. One serving provides 1.8 grams of this soluble fiber. Consult a doctor if you are considering use of the product as part of a cholesterol-lowering program.

Directions:

Adults 12 years & over: 5 capsules 4 times daily. Consult a doctor if you are considering use of this product as part of a cholesterol-lowering program. Take this product with 8 oz of water (swallow 1 capsule at a time) up to 4 times daily.

Children under 12 years: Consult a doctor

New Users: Start with 1 serving per day; gradually increase up to 4 servings per day as necessary. You may initially experience changes in bowel habits or minor bloating, as your body adjusts to increased fiber intake.

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

Allergy alert: May cause allergic reaction in people sensitive to ingested or inhaled psyllium. Ask a doctor before use if you have abdominal pain, nausea or vomiting or experience a sudden change in bowel habits persisting for 2 weeks.

Stop use and ask a doctor if constipation lasts more than 7 days or rectal bleeding occurs. These may be signs of a serious condition.

Bulk-forming fibers like psyllium husk may affect how well other medicines work. If you are taking a prescription medicine by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine.

Keep out of reach of children.

Store at room temperature. Protect contents from moisture.

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