

MAJOR®

Compare to the active ingredient in Metamucil®‡

Fiber Therapy

100% NATURAL PSYLLIUM HUSK Daily Fiber Supplement

- Helps you feel less hungry between meals‡
- Helps maintain healthy blood sugar levels as part of your diet‡
- Helps lower cholesterol to promote heart health‡
- Promotes digestive health‡

MADE WITH REAL SUGAR
ORANGE SMOOTH
NATURALLY FLAVORED

30 TABLESPOON DOSES
NET WT. 13 OZ. (368 g.)

Fill controlled by weight, not volume

‡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.

DO NOT USE IF PRINTED SEAL UNDER CAP IS BROKEN OR MISSING

Supplement Facts

Serving Size	2 rounded tablespoons (24 g)	1 rounded tablespoon (12 g)
Servings per container	About 15	About 30
Amount per serving	% DV*	% DV*
Calories	90	45
Total Carbohydrate	23 g 8%*	12 g 4%*
Dietary Fiber	6 g 21%*	3 g 11%*
Soluble Fiber	5 g **	2 g **
Total Sugars	16 g **	8 g **
Added Sugars	0 g 0%*	0 g 0%*
Iron	1.4 mg 8%	0.7 mg 4%
Sodium	10 mg <1%	5 mg <1%
Potassium	70 mg 1%	35 mg <1%

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

INGREDIENTS: Sucrose, Psyllium Husk, Citric Acid, Natural Orange Flavor, FD&C Yellow #6 and FD&C Yellow #6 Lake.

Directions: Put powder into an empty glass and mix with 8 oz of water or other cool liquid. Stir briskly and drink promptly. Take up to 3 times daily.

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.

Important information:

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

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.

FOR FEELING LESS HUNGRY BETWEEN MEALS‡

Adults 12 yrs. and over: Two rounded tablespoons in 8 or more ounces of liquid with meals, up to 3 times daily.

FOR MAINTAINING HEALTHY BLOOD SUGAR LEVELS AS PART OF YOUR DIET‡

Adults 12 yrs. and over: One rounded tablespoon in 8 ounces of liquid, 3 times daily. Consult your doctor before use if you are currently using medication to control your blood sugar levels.

FOR LOWERING CHOLESTEROL TO PROMOTE HEART HEALTH‡

Adults 12 yrs. and over: One rounded tablespoon in 8 ounces of liquid, 3 times daily. †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. One serving provides 2 grams of this soluble fiber. Consult your doctor if you are considering use of this product as part of a cholesterol-lowering program.

FOR PROMOTING AND MAINTAINING DIGESTIVE HEALTH‡

Adults 12 yrs. and over: One rounded tablespoon in 8 ounces of liquid up to 3 times daily for fiber supplementation. For occasional constipation and to help promote and maintain regularity. For children under 12, consult a doctor.

GLUTEN FREE (may contain trace amounts less than 20 ppm). If you have specific dietary needs, you should consult your doctor before consuming this product.

This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.

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⚠ 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

Distributed by:
MAJOR® PHARMACEUTICALS
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Questions or Comments?
(800) 616-2471

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

Re-Order No. 701058
M-29 Rev. 01/19
7982-01-19



Lot #: Exp. Date: