

Meta MUCIL

KIDS

FIBER THINS

A YUMMY WAY TO A HAPPY TUMMY

Are you looking for new ways to help your kids with their digestive issues? Fiber might be the answer. Fiber is important, but over 97% of kids are not getting enough through the food they eat.

Finding fiber that kids want to eat isn't easy, but Metamucil Fiber Thins for Kids are delicious chocolate fiber snacks that contain psyllium fiber, the same plant-based fiber found in all Metamucil products.

In convenient on-the-go packs, every serving of two Fiber Thins provides 5 grams of fiber to help promote digestive health for happy, active kids.

SERVING SUGGESTION:

Enjoy 1 serving (2 Fiber Thins) with at least 8 oz of liquid. Each serving provides 5 grams of fiber. Eat up to 3 servings per day.

For Ages 4 and Older

ALLERGY ALERT:

This product may cause allergic reactions in people sensitive to inhaled or ingested psyllium.

INDIVIDUALLY WRAPPED PACKETS
SEALED FOR YOUR PROTECTION.

STORE AT ROOM TEMPERATURE.

Questions? 1-800-983-4237 **P&G**
www.pg.com

www.metamucil.com Patients: www.pg.com/patients

Meta MUCIL

PSYLLIUM
FIBER

KIDS

FIBER THINS

A YUMMY WAY TO A HAPPY TUMMY



5g
OF FIBER

Contains 5.0g of
total fat per serving
For Ages 4 and Older

CHOCOLATE
naturally and artificially flavored

NET WT 9.3 OZ (264 g)
12 - 0.77 OZ (22 g) SINGLE SERVING (2 - FIBER THINS) PACKETS

Nutrition Facts

12 servings per container
Serving size 1 Packet (22g)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 70mg 3%

Total Carbohydrate 15g 5%

Dietary Fiber 5g 17%

Total Sugars 4g

Includes 4g Added Sugars 8%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 13mg <1%

Iron 1.5mg 8%

Potassium 138mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories.

INGREDIENTS: Wheat flour, cocoa (processed with alkali), palm oil, fructose, inulin, oat hull fiber, psyllium husk, brown sugar, sugar, corn oil, soy lecithin, sodium bicarbonate, natural and artificial cookie flavors, molasses, sucralose.

CONTAINS: SOY, WHEAT

NOTICE: Metamucil Fiber Thins should be eaten with at least 8 oz (a full glass) of liquid. Eating this product without enough liquid may cause choking. Do not eat Metamucil Fiber Thins if you have difficulty in swallowing.

**DIST. BY: PROCTER & GAMBLE,
CINCINNATI, OH 45202**

BEST IF USED BY:



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