

FROM THE MAKERS OF THE
#1 DOCTOR
RECOMMENDED
FIBER BRAND



APPETITE CONTROL

DIETARY SUPPLEMENT

CLINICALLY PROVEN

to help you
**feel less
hungry**
between meals*

SUGAR-FREE not a low
calorie food

ORANGE ZEST
fiber powder / naturally
and artificially flavored



57
servings

NET WT 23.3 OZ (662 g)

Supplement Facts

Serving Size 2 rounded teaspoons (11.6 g)
Servings Per Container 57

Amount Per Serving	%DV*
Calories 45	
Total Carbohydrates 11 g	4%*
Dietary Fiber 6 g	24%*
Soluble Fiber 5 g	†
Sugars 0 g	†
Iron 1.4 mg	8%
Sodium 10 mg	<1%
Potassium 70 mg	2%

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

INGREDIENTS: Psyllium husk,
maltodextrin, citric acid, natural
and artificial orange flavor,
aspartame, Yellow 6

DISTRIBUTED BY: PROCTER &
GAMBLE, CINCINNATI, OH 45202

Also sold as Metamucil, Meta Daily
Heart Health, and Meta Daily Blood
Sugar Support

DIRECTIONS: ADULTS 12 YRS AND OVER. Put two rounded teaspoons
into an empty glass and mix with 8 or more ounces of water or other
cool liquid. More water equals lighter flavor. Stir briskly and drink
promptly. Take with meals 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

- **PHENYLKETONURICS: CONTAINS**
PHENYLALANINE, 25 mg per teaspoon
- store at room temperature tightly
closed to protect from humidity
- keep out of reach of children

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.

QUESTIONS? 1-800-983-4237
WWW.METAWELLNESS.COM



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Patents: www.pg.com/patents



DO NOT USE IF INHERENT
SEAL IS BROKEN OR MISSING

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 reactions 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.

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