



3-in-1 FIBER

MULTIPLE
HEALTH BENEFITS

300 CAPSULES



Supplement Facts
Serving Size 5 Capsules
Servings per Container 60

Amount Per Serving	% DV*
Calories 5	
Total Carb 2 g	<1%*
Dietary Fiber 2 g	7%*
Soluble Fiber 2 g	†
Protein less than 1 g	
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

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

Questions? 1-800-983-4237

www.metamucil.com

Patents: www.pg.com/patents

P&G
www.pg.com

For adults 12 years and older

HELPS SUPPORT:

DIGESTIVE HEALTH* by promoting regularity	2 to 5 capsules up to 4 times per day	Swallow 1 capsule at a time and take in an upright position
HEART HEALTH† by lowering cholesterol	5 capsules up to 4 times per day	
HEALTHY BLOOD SUGAR LEVELS* take before each meal	5 capsules 4 times per day	

Tamper Evident: Do not use if printed inner seal is broken or missing. Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.

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

BEFORE USING this dietary supplement ask your doctor if you

- are considering using this product as part of a cholesterol-lowering program
- are using medication to control your blood sugar levels
- have recently experienced abdominal pain, nausea, vomiting or a sudden change in bowel habits persisting for two weeks

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.

IMPORTANT INFORMATION:

- To open bottle, push down and turn
- Store below 86° F (30° C) tightly closed to protect from humidity
- Keep out of reach of children

* 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.

GLUTEN FREE



NEW USERS: Start with one serving per day; gradually increase to desired daily intake. You may experience changes in bowel habits / 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 without enough liquid may cause choking. Do not take if you have difficulty swallowing.

† 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 1.8 grams of this soluble fiber.



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