equate™

Compare to Metamucil® 4 in 1 MultiHealth Fiber!™***

REAL-SUGAR

Daily Fiber

100% Natural Psyllium Husk

Multi-Health Daily Fiber Supplement

*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.

- 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****
- Gluten-Free

†Serving size varies. See DIRECTIONS on back panel for more information.
*See back for information about soluble fiber and heart disease.

114 TABLESPOON DOSES

Orange Smooth
Naturally and Artificially Flavored

NET WT 48.2 OZ (3 LB) 1.36kg ☆ PAREVE
Fill controlled by weight, not volume

Supplement Facts

Serving Size 1 Rounded Tbsp (12 g)
Servings Per Container About 114
Amount Per Serving

		%DV*
Calories	45	
Total Carbohydrate	12 g	4%†
Dietary Fiber	9 g	32%†
Soluble Fiber	2.4 g	†
Total Sugars	2 g	†
Includes 0g Added Sugars	0%	†
Protein	1 g	†
Iron	0.7 mg	4%
Sodium	35 mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
†Not a significant source of the nutrient.

INGREDIENTS: PSYLLIUM HUSK, CITRIC ACID, NATURAL AND ARTIFICIAL ORANGE FLAVOR, SILICA, FD&C YELLOW NO. 6.

DISTRIBUTED BY: Walmart Inc., Bentonville, AR 72716

**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.
***Compare to Metamucil® 4 in 1 MultiHealth Fiber™ is a registered trademark owned by Procter & Gamble, owner of the Metamucil® 4 in 1 MultiHealth Fiber™.

Fiber Supplement Information

Uses & Directions:

For feeling less hungry between meals**
Adults & children 12 yrs. and over: Two rounded tablespoons in 8 or more oz. of liquid with meals, up to 3 times daily.

For lowering cholesterol to promote heart health*
Adults & children 12 yrs. & over: One rounded tablespoon in 8 oz. of liquid, 3 times daily. "Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in this product, may reduce the risk of heart disease by lowering cholesterol. One serving of this product has 2.4 grams of this soluble fiber. Consult a doctor if you are consuming one of this product as a part of a cholesterol-lowering program.

For maintaining healthy blood sugar levels as part of your diet**
Adults & children 12 yrs. and over: One rounded tablespoon in 8 oz. of liquid, 3 times daily. Consult your doctor before use if you are currently using medication to control your blood sugar levels.

For promoting and maintaining digestive health**
Adults & children 12 yrs. consult a doctor
For occasional constipation and to help promote and maintain regularity. ***For children under 12 yrs.*** consult a doctor

NOTICE: Put 1 dose of product into an empty glass. Mix this product with at least 8 oz. (a full glass) of liquid. Stir briskly and drink promptly. 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.

OTHER INFORMATION
Store at room temperature. Keep container tightly closed to protect from humidity.
KEEP OUT OF REACH OF CHILDREN

NEW USERS: Start with 1 serving per day; gradually increase to desired daily intake. You may initially experience changes in bowel habits or mild 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. If you should consult your doctor before using this product.
Gluten-Free. (may contain trace amounts less than 20 ppm). If you have specific dietary needs, you
This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.

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

Satisfaction guaranteed – For questions or comments please call **1-888-287-1915**.

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⚠ **WARNING:** Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.

Made in the USA with domestic and imported ingredients. Factory Certified.

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