Our plant-based fibers are expertly crafted into the exclusive blend that powers our delicious gummy.

Directions: For ages 12 and up.

1 Gummy = Nice and Easy!

2 Gummies = Double Down!!

3 Gummies = Fiber Up!!! (One Full Serving)

Up to 3 servings/day

Do not exceed recommended serving.

NEW USERS: Start with 1-3 gummies 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.

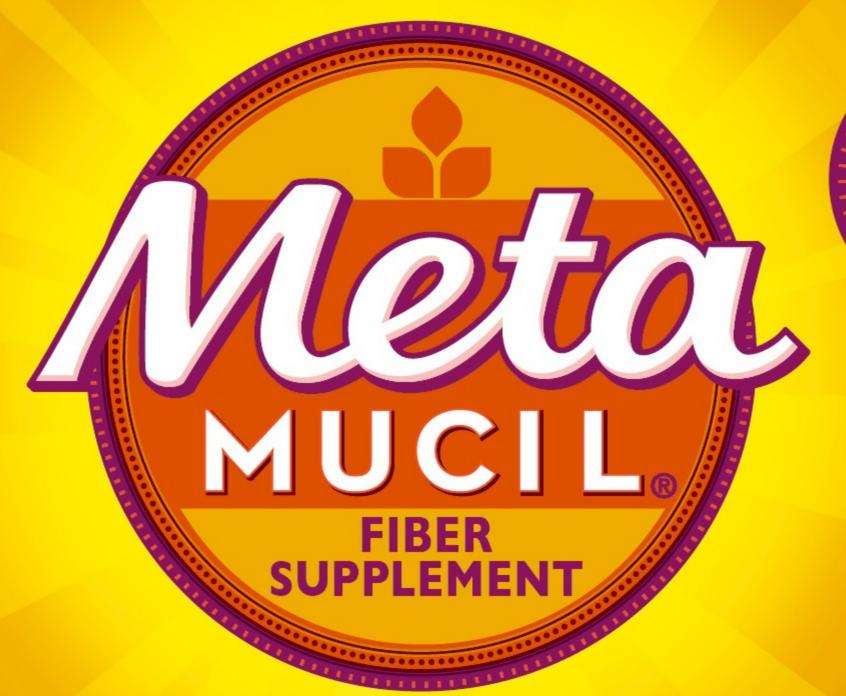
Fibersol® is a soluble dietary fiber produced by ADM / Matsutani LLC

**Questions?** 

1-800-983-4237

metamucil.com Patents: www.pg.com/patents





of fiber per serving

## FIBER GUMMIES

Promotes digestive health\*
Prebiotic plant-based fiber blend

not a low calorie food

P&G

www.pg.com

NO SUGAR ADDED

72 GUMMIES



## Supplement Facts Serving Size: 3 Gummies Amount Per Serving % DV\* Calories 25 Total Carbohydrate 10 g 4%\* Dietary Fiber 5 g 18%\* Total Sugars 2 g Includes 0 g Added Sugars 0%\* Sodium 20 mg 1% \*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Inulin, soluble corn fiber (Fibersol®), water, xylitol; Less than 2% of: pectin, citric acid (pH adjuster), sodium citrate, natural orange flavor, coconut oil with carnauba wax, color (annatto).

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

Keep out of reach of children. Consult a physician if you are taking any prescription medications or are pregnant/breastfeeding. Store below 77°F (25°C) in a cool dry place.

\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.