

Compare to the
active ingredient
of Metamucil®
MultiHealth Fiber*

Sugar Free Fiber Therapy

100% Natural Psyllium Husk
Daily Fiber Supplement
Therapy for Regularity

- Orange smooth fiber powder
- Helps lower cholesterol to promote heart health**
- Promotes digestive health†
- Helps maintain healthy blood sugar levels as part of your diet†
- Gluten free

Orange Flavor
Naturally and Artificially Flavored



NET WT 10 OZ (283 g)

fill controlled by weight, not volume

**See fiber supplement information about soluble fiber and heart disease and maintaining healthy blood sugar levels

48
Teaspoon
Doses



When used as a daily fiber supplement.

Fiber Supplement Information

Uses: • Daily fiber supplement. Each serving adds 3 grams of fiber to your diet.

• For lowering cholesterol to promote heart health. 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 adult dose of this product has 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of this product as a part of a cholesterol-lowering program.

• For maintaining healthy blood sugar levels†. Consult your doctor before use if you are currently using medication to control your blood sugar levels.

Warnings: Read entire label, including warnings in **Drug Facts**.

Directions: Adults 12 yrs. & older: Put 1 rounded TEASPOON into an empty glass and mix with 8 oz of liquid up to 3 times daily for daily fiber supplement; 3 times daily to help maintain healthy blood sugar levels† and for cholesterol lowering to promote heart health. Under 12 yrs.: Consult a doctor.

See mixing directions in **Drug Facts**.

NOTICE: Mix this product with at least 8 oz (a full glass) of liquid. Taking this product without enough liquid may cause choking. Do not take if you have difficulty swallowing.

This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.†

Supplement Facts

Serving Size: 1 rounded tsp (5.8g)
Servings Per Container: 48

Amount Per Serving	%DV*
Calories 20	
Total Carb. 5g	2%*
Dietary fiber 3 g	12%*
Soluble fiber 2 g	†
Sugars 0 g	†
Iron 0.8 mg	4%
Sodium 5 mg	<1%
Potassium 30 mg	<1%

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

Ingredients: Psyllium Husk, Maltodextrin, Citric Acid, Natural & Artificially Flavored Orange Flavor, Silica, Aspartame, FD&C Yellow 6.

When used as a therapy for regularity.

Drug Facts

Active ingredient: (in each TEASPOON)

Psyllium husk approximately 3.4 g.....Fiber therapy for regularity

Purpose

Uses: ■ for relief of occasional constipation (irregularity)

Warnings:

Choking: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

Allergy alert: This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium.

Ask a doctor before use if you have

■ a sudden change in bowel habits persisting for 2 weeks ■ abdominal pain, nausea or vomiting

Stop use and ask a doctor if

■ constipation lasts more than 7 days ■ rectal bleeding occurs
These may be signs of a serious condition.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away. (1-800-222-1222)

Directions: Put one dose into an empty glass. Mix this product (child or adult dose) with at least 8 ounces (a full glass) of water or other fluid. Taking this product without enough liquid may cause choking. See choking warning. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir.

Adults 12 years & older: 1 rounded TEASPOON in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours.

6-11 yrs: 1/2 adult dose in 8 oz of liquid, up to 3 times daily

Under 6 yrs: Consult a doctor

Bulk-forming fibers like psyllium husk may affect how well other medicines work. If you are taking a prescription medicine by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine. As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.

New Users: Start with 1 dose per day; gradually increase to 3 doses per day as necessary.

Other information:

- each teaspoon contains: potassium 30 mg; sodium 5 mg
- PHENYLKETONURICS: CONTAINS PHENYLALANINE, 25 mg per teaspoon
- store at room temperature tightly closed to protect from humidity
- do not use if printed inner seal is broken or missing
- contains a 100% natural, therapeutic fiber

Inactive ingredients: aspartame, citric acid, FD&C yellow 6, maltodextrin, natural & artificial orange flavor, silica.

Questions or comments? 1-888-309-9030

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†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.