

DO NOT USE IF PRINTED SEAL IS
BROKEN OR MISSING

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.

Questions? 1-800-983-4237

Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.

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.

GLUTEN FREE

* 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.

† See back for information about soluble fiber and health

#1 DOCTOR RECOMMENDED BRAND

Meta MUCIL

PSYLLIUM FIBER
SUPPLEMENT

4-in-1 FIBER

HELPS SUPPORT:

- Appetite Control*
- Heart Health by Lowering Cholesterol†
- Healthy Blood Sugar Levels*
- Digestive Health*

SUGAR-FREE

not a low-calorie food

30 teaspoons

NET WT 6.1 OZ (174 g)

ORANGE

fiber powder / naturally & artificially flavored

Supplement Facts

Serving Size	2 Rounded Teaspoons (11.5 g)	1 Rounded Teaspoon (5.8 g)
Servings per Container	About 15	About 30
Amount Per Serving	% DV*	% DV*
Calories	30	15
Total Carbohydrate	10 g 4%*	5 g 2%*
Dietary Fiber	6 g 21%*	3 g 11%*
Soluble Fiber	5 g †	2 g †
Iron	0.7 mg 4%	0.4 mg 2%
Sodium	10 mg <1%	5 mg <1%
Potassium	60 mg 1%	30 mg <1%

* 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

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

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

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.

IMPORTANT INFORMATION:

- **PHENYLKETONURICS:** CONTAINS PHENYLALANINE, 25 mg per teaspoon
- Store below 86° F (30° C) tightly closed to protect from humidity

- Keep out of reach of children

HOW TO TAKE METAMUCIL
(For adults 12 years and older)

HOW MUCH TO TAKE
The psyllium husk fiber in Metamucil helps support:

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HOW MUCH TO TAKE
The psyllium husk fiber in Metamucil helps support:

1. Put 1-2 rounded teaspoons in empty glass.
2. Mix briskly with 8 oz or more of cool liquid.
3. Drink promptly and enjoy!

DIGESTIVE HEALTH* by promoting regularity	HEART HEALTH* by lowering cholesterol	HEALTHY BLOOD SUGAR LEVELS* take before each meal
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1 ROUNDED TEASPOON up to 3 times per day

OR
APPETITE CONTROL*
take before each meal

2 ROUNDED TEASPOONS up to 3 times per day

† 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 2.4 grams of this soluble fiber.



OH 45202
reactions



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