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DOCTOR  
RECOMMENDED  
BRAND

# Meta MUCIL®

PSYLLIUM FIBER  
SUPPLEMENT

## 3-in-1 FIBER

MULTIPLE  
HEALTH BENEFITS

100 CAPSULES

### Supplement Facts

Serving Size 5 Capsules

Servings per Container 20

| 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

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

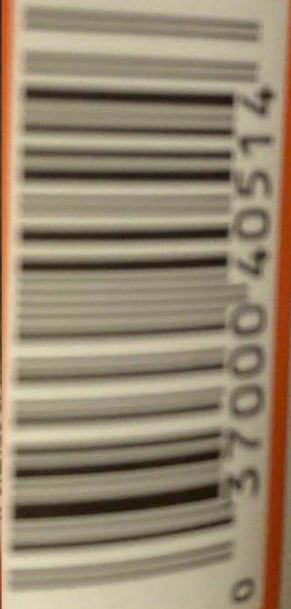
5 capsules 4 times per day

**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.

\* 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.



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