

DO NOT USE IF PRINTED
SEAL IS BROKEN
OR MISSING



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.



4-in-1 FIBER

HELPS SUPPORT:

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



Questions?
1-800-983-4237

P&G
www.pg.com
www.metamucil.com
Patents: www.pg.com/patents

90266010

†See back for information about soluble fiber and heart disease.

SUGAR-FREE
not a low-calorie food

114 teaspoons

NET WT 23.3 OZ (1.4 LBS) 660 g

BERRY
fiber powder / naturally
& artificially flavored

Supplement Facts

Serving Size 2 Rounded Teaspoons (11.6 g) 1 Rounded Teaspoon (5.8 g)
Servings per Container About 57 About 114

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	70 mg	1%	35 mg	<1%

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

INGREDIENTS: Psyllium husk, maltodextrin, artificial flavor, citric acid, malic acid, acesulfame potassium, aspartame, Red 40, Blue 1

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

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.

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

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

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

DIGESTIVE HEALTH*	HEART HEALTH*	HEALTHY BLOOD SUGAR LEVELS*	APPETITE CONTROL*
by promoting regularity	by lowering cholesterol	take before each meal	take before each meal
1 ROUNDED TEASPOON up to 3 times per day			2 ROUNDED TEASPOONS up to 3 times per day

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.

† 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.



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, 16 mg per teaspoon
 - Store below 86° F (30° C) tightly closed to protect from humidity
 - Keep out of reach of children

