

Tamper Evident: Do not use if printed seal under cap is missing or damaged

DISCOVER  
REJUVENATION  
BLEND

We infused our signature fiber with premium collagen peptides, for an ultra-smooth and delicious drink you can add to your daily health routine. Metamucil's combination of **FIBER + COLLAGEN** will transform how you think about your fiber supplement.

Metamucil's plant-based psyllium fiber traps and removes the waste that weighs you down, so you'll feel lighter, more energetic and rejuvenated.\*

Collagen peptides provide key building blocks for your body's natural collagen, which is the most abundant protein in the body and is an important component for supporting joint structures.\*

This **FIBER + COLLAGEN** Rejuvenation Blend is a great way to support your digestive health and joint structures.\*

ENJOY  
REJUVENATION BLEND DAILY!



**SUGAR-FREE**  
not a low  
calorie food with **STEVIA**

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



FIBER +  
COLLAGEN  
PEPTIDES

REJUVENATION BLEND  
FOR DAILY DIGESTIVE HEALTH\*



NET WT 19.9 OZ (1.2 LBS) 564 g

Supplement Facts

Serving Size Two Heaping Teaspoons (9.4 g)  
Servings per Container: About 60

| Amount Per Serving                    |        | % DV |
|---------------------------------------|--------|------|
| Calories                              | 30     |      |
| Total Carbohydrate                    | 6 g    | 2%*  |
| Dietary Fiber                         | 3 g    | 10%* |
| Soluble Fiber                         | 2 g    | †    |
| Iron                                  | 0.4 mg | 2%   |
| Sodium                                | 15 mg  | <1%* |
| Potassium                             | 40 mg  | <1%* |
| Protein                               | 3 g    | 6%*  |
| Hydrolyzed Collagen Peptides (Bovine) | 3 g    | †    |

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

Other ingredients: Psyllium husk, maltodextrin, citric acid, natural flavors, stevia, paprika extract (color), turmeric (color)

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

- Store below 77° F (25° C) tightly closed to protect from humidity.
- Keep out of reach of children

\*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.

HOW TO TAKE METAMUCIL  
REJUVENATION BLEND

(For adults 12 years and older)

= 2 HEAPING teaspoons up to 3 times per day.



1. Put powder in empty glass.



2. Mix briskly with 8 oz or more of cool liquid.



3. Drink promptly and enjoy!

FIBER + COLLAGEN  
peptides help support:



Digestive  
Health\*



Joint  
Structures\*

Psyllium husk fiber also helps maintain healthy blood sugar levels\* and promotes heart health by lowering cholesterol†.

GLUTEN FREE

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.

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.

QUESTIONS? 1-800-983-4237

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