

Compare to the Fiber Content in Metamucil®  
4 in 1 MultiHealth Fiber!™

NDC 55301-511-14

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# Fiber Therapy

100% Natural Psyllium Husk  
MultiHealth Daily Fiber Supplement  
Therapy for Regularity

- Helps you **feel less hungry** between meals\*\*
- Helps maintain **healthy blood sugar** levels as part of your diet\*\*
- Helps **lower cholesterol** to promote heart health†
- Promotes **digestive health**\*\*
- **Gluten free**

Original Coarse

114 teaspoon doses†



NET WT 29 OZ (1.8 LBS) 822 g  
fill controlled by weight, not volume

\*See back for information about soluble fiber and heart disease.  
†Serving size varies. See D335C732020 on back panel for more information.

\*\*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.

quality  
value

Supplement Facts			
Serving Size	2 rounded Tap (14 g)	1 rounded Tap (7 g)	
Servings Per Container	About 57	About 114	
Amount Per Serving	%DV*	%DV*	%DV*
Calories	50	25	
Total Carbohydrate	13 g	5%*	7 g 3%*
Dietary Fiber	6 g	24%*	3 g 12%*
Soluble Fiber	5 g	†	2 g †
Total Sugars	7 g	†	4 g †
Includes Added Sugars	7 g	14%	4 g 8%
Iron	1.4 mg	8%	0.7 mg 4%
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 (%DV) not established.

INGREDIENTS: Sucrose, Psyllium Husk, Silica.

**Notice:** Put 1 dose of product into an empty glass. Mix this product with at least 8 ounces (a full glass) of liquid. Stir briskly and drink promptly. Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing.

**Allergy alert:** This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium. Contact your doctor BEFORE USING this dietary supplement if you have recently experienced a sudden change in bowel habits persisting for 2 weeks, abdominal pain, nausea or vomiting. 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.

**New Users:** Start with 1 serving per day; gradually increase to desired daily intake. You may initially experience changes in bowel habits or minor bloating, as your body adjusts to increased fiber intake.

When used as a daily fiber supplement:

### Fiber Supplement Information

#### Uses & Directions:

**For feeling less hungry between meals\*\***

**Adults & children 12 yrs. and over:** Two rounded teaspoons in 8 or more ounces of liquid with meals, up to 3 times daily.

**For lowering cholesterol to promote heart health†**

**Adults & children 12 yrs. & over:** One rounded teaspoon in 8 ounces of liquid, 3 times daily. †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 serving 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 as part of your diet\*\***

**Adults & children 12 yrs. and over:** One rounded teaspoon in 8 ounces of liquid, 3 times daily. Consult your doctor before use if you are currently using medication to control your blood sugar levels.

**For promoting and maintaining digestive health\*\***

**Adults & children 12 yrs. and over:** One rounded teaspoon in 8 ounces of liquid up to 3 times daily for fiber supplementation. For occasional constipation and to help promote and maintain regularity. For children under 12 yrs.: consult a doctor.

When used as a therapy for regularity:

### Drug Facts

#### Active ingredient (in each teaspoon)

Psyllium husk approximately 3.4 g.....Bulk-Forming Laxative

#### Purpose

**Uses** ■ for relief of occasional constipation (irregularity) ■ generally produces bowel movement in 12-72 hours

#### 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 an 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 at 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.

<b>Adults &amp; children 12 years &amp; older:</b>	1 rounded teaspoon in 8 ounces of liquid at the first sign of irregularity. Can be taken up to 3 times daily.
<b>Children 6-11 yrs:</b>	1/2 adult dose in 8 ounces of liquid, up to 3 times daily
<b>Children under 6 yrs:</b>	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.

**New Users:** Start with 1 serving per day; gradually increase to desired daily intake. You may initially experience changes in bowel habits or minor bloating, as your body adjusts to increased fiber intake.

#### Other information

- each teaspoon contains: potassium 35 mg, sodium 5 mg
- store at room temperature. Keep the container tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber

#### Inactive ingredients

silica, sucrose

#### Questions or comments? 1-866-467-2748

\*This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil® 4 in 1 MultiHealth Fiber!™.

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⚠ **WARNING:** Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to [www.P60Warnings.ca.gov](http://www.P60Warnings.ca.gov).

**TAMPER EVIDENT: DO NOT USE IF PRINTED INNER SEAL UNDER CAP IS BROKEN OR MISSING**

GLUTEN FREE (may contain trace amounts less than 20 ppm). If you have specific dietary needs, you should consult your doctor before consuming this product.

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

"SATISFACTION GUARANTEED OR YOUR MONEY BACK"  
Manufactured For Your Military Exchanges By: Raritan Pharmaceuticals Inc., 8 Joanna Court, East Brunswick, NJ 08816



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LOT:

EXP: