

DO NOT USE IF PRINTED SEAL
IS BROKEN OR MISSING

PSYLLIUM, NATURE'S
SUPERFIBER

For centuries,
psyllium husk
has been used in
traditional medicine
to promote health.

Once a year, the psyllium
seed is gathered from
Plantago ovata, a plant
grown in India.

These seeds are
then stone ground to
harvest the husk (outer
layer) which is the source
of the psyllium superfiber
in Metamucil.

Today, psyllium is known
as one of the most
effective fibers for
maintaining regular
digestive health*, but it
does so much more.

Taken daily, Metamucil
superfiber also helps
maintain healthy
blood sugar
levels* and
supports heart health by
lowering cholesterol†.

Learn more about the
benefits of psyllium fiber
at Metamucil.com.

P&G

www.pg.com
metamucil.com
Patents: www.pg.com/patents

91856232



PSYLLIUM
SUPERFIBER
P O W D E R

**GLUTEN
FREE**

**PLANT
BASED
FIBER**

SUGAR-FREE
not a low-calorie food

ORANGE
naturally & artificially
flavored / fiber powder



Supplement Facts

Serving Size	1 Rounded Teaspoon (5.8 g)	
Servings per Container	About 114	
Amount Per Serving		% DV*
Calories	15	
Total Carbohydrate	5 g	2%*
Dietary Fiber	3 g	11%*
Soluble Fiber	2 g	†
Iron	0.4 mg	2%
Sodium	5 mg	<1%
Potassium	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

***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
(For adults 12 years and older)



**1 Put 1 rounded
teaspoon in
empty glass.**



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



**3 Drink promptly.
Enjoy up to
3 times per day!**

The psyllium husk fiber in
Metamucil helps support:

DIGESTIVE HEALTH*
by promoting regularity

HEART HEALTH†
by lowering cholesterol

**HEALTHY BLOOD
SUGAR LEVELS***
take before each meal

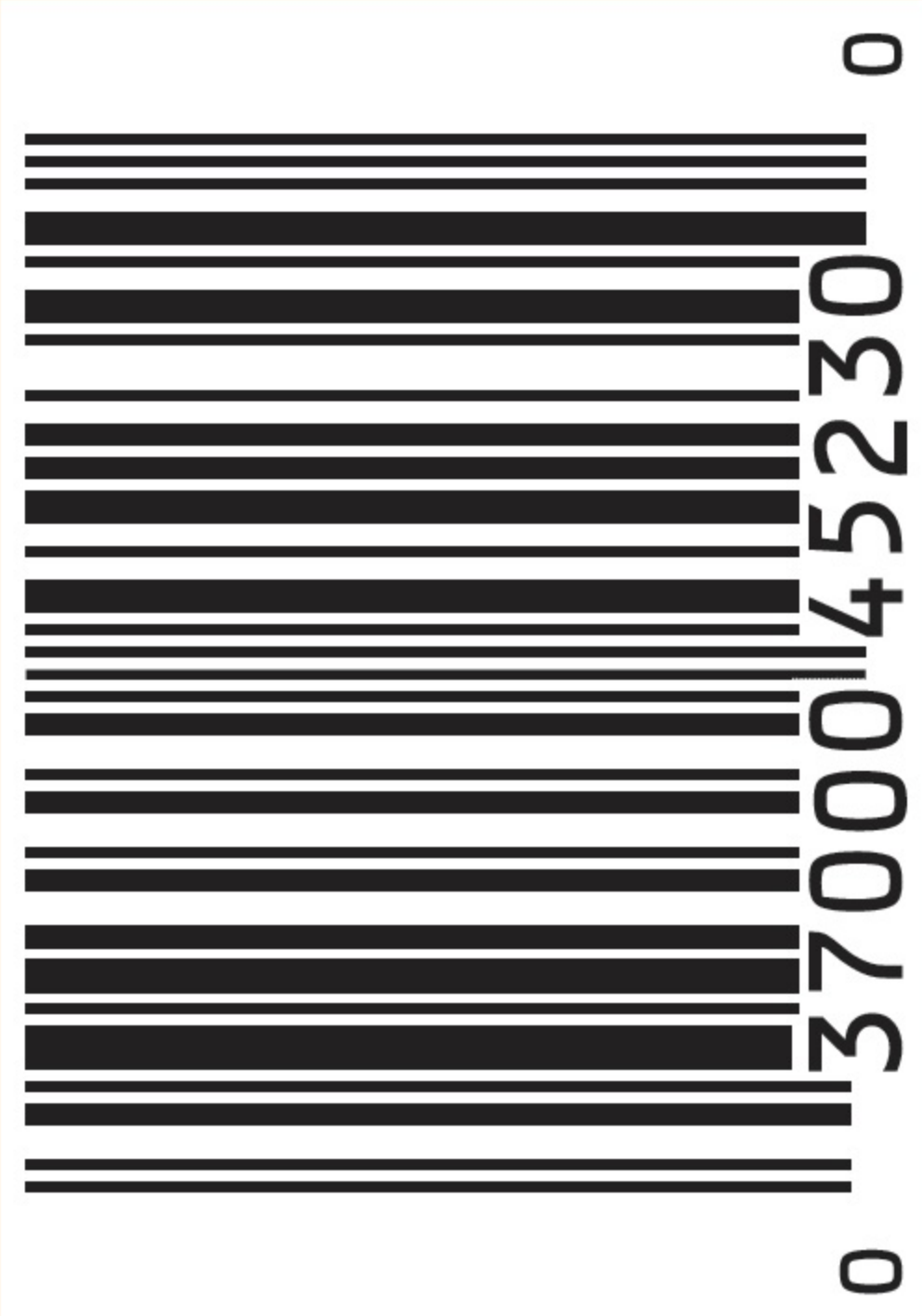
NEW USERS: Start with one serving per day; gradually
increase to desired daily intake. You may experience changes
in bowel habits / minor bloating, as your body adjusts to
increased fiber intake.

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
^^This product is not intended to treat diabetes.
 - 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



NET WT 23.3 OZ (1.4 LBS) 660 g