

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\*



SUGAR-FREE  
not a low-calorie food

114 teaspoons

ORANGE  
fiber powder / naturally & artificially flavored

Questions?  
1-800-983-4237

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

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

NET WT 23.3 OZ (1.4 LBS) 660 g

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          | 60 mg  | 1%   | 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

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



1. Put 1-2 rounded teaspoons in empty glass.



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



3. Drink promptly and enjoy!

HOW MUCH TO TAKE

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

APPETITE CONTROL\*  
take before each meal

OR



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.

