

**DO NOT USE IF PRINTED SEAL IS
BROKEN OR MISSING**

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.

Questions? 1-800-983-4237

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.

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.**



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

30 teaspoons

NET WT 6.1 OZ (174 g)



ORANGE

naturally &
artificially flavored /
fiber powder

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

Supplement Facts

Serving Size 2 Rounded Teaspoons (11.6 g) 1 Rounded Teaspoon (5.8 g)

Servings per Container About 15 About 30

Amount Per Serving	% DV*	
Calories	30	15
Total Carbohydrate	10 g	4%*
Dietary Fiber	6 g	21%*
Soluble Fiber	5 g	†
Iron	0.7 mg	4%
Sodium	10 mg	<1%
Potassium	60 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**

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

**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

1 ROUNDED TEASPOON up to 3 times per day

OR

APPETITE CONTROL*
take before each meal

2 ROUNDED TEASPOONS up to 3 times per day

†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.



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