

Metamucil on-the-go packets are pre-measured and ready to use wherever you are. They are a portable way to get an extra serving of fiber every day.

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

1. Put 1-2 packets 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:

<b>DIGESTIVE HEALTH*</b> by promoting regularity	<b>HEART HEALTH*</b> by lowering cholesterol	<b>HEALTHY BLOOD SUGAR LEVELS*</b> take before each meal	<b>OR</b>	<b>APPETITE CONTROL*</b> take before each meal
1 PACKET up to 3 times per day			2 PACKETS 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.

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.

\* 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.



91883991



#1 DOCTOR RECOMMENDED BRAND

**Meta MUCIL**  
PSYLLIUM FIBER SUPPLEMENT  
THERAPY FOR REGULARITY  
*on-the-go!*

INDIVIDUAL PACKETS SEALED FOR YOUR PROTECTION

**Drug Facts**

**Active ingredient (in each PACKET)** Psyllium husk approximately 3.4 g  
**Purpose** Fiber laxative

**Uses**

- for relief of occasional constipation (irregularity). This product generally produces bowel movement in 12 to 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 allergic reactions in people sensitive to inhaled or ingested psyllium.

**Ask a doctor before use if you have**

- abdominal pain, nausea or vomiting
- a sudden change in bowel habits persisting for 2 weeks

**Ask a doctor or pharmacist before use if you are taking any other drug.** Take this product 2 or more hours before or after other drugs. Laxatives may affect how other drugs work.

**Stop use and ask a doctor if**

- constipation lasts more than 7 days
- rectal bleeding occurs
- you fail to have a bowel movement

These may be signs of a serious condition.

**Keep out of reach of children.** In case of overdose, contact a doctor or a Poison Control Center right away.

**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. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir. For a lighter flavor experience and thinner drink, use more water.

Adults 12 yrs. & older	1 packet in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily.
6 - 11 yrs.	½ packet in 8 oz of liquid, up to 3 times daily
Under 6 yrs.	Consult a doctor

As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.

**New Users:** Start with 1 dose per day; gradually increase to 3 doses per day as necessary.

**Other information**

- each packet contains: potassium 30 mg; sodium 5 mg
- **PHENYLKETONURICS: CONTAINS PHENYLALANINE,** 25 mg per packet
- Store below 86° F (30° C)

**Inactive ingredients** aspartame, citric acid, FD&C Yellow No. 6, maltodextrin, natural and artificial orange flavor



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

**Questions?**  
1-800-983-4237

**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

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

**ORANGE**

fiber powder / naturally and artificially flavored

30 - 0.21 OZ (5.8 g) POWDER PACKETS / NET WT 6.2 OZ (176 g)

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NDC 37000-024-04

**Meta MUCIL**  
PSYLLIUM FIBER SUPPLEMENT  
THERAPY FOR REGULARITY  
*on-the-go!*

30 packets

**Supplement Facts**

Serving Size	2 Packets (11.6 g)		1 Packet (5.8 g)	
Servings per Container	15		30	
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

**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.

**GLUTEN FREE**

**IMPORTANT INFORMATION:**

- **PHENYLKETONURICS: CONTAINS PHENYLALANINE,** 25 mg per packet
- Store below 86° F (30° C)
- Keep out of reach of children

#1 DOCTOR RECOMMENDED BRAND

**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.