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

DIGESTIVE HEALTH* by promoting regularity HEART HEALTH' by lowering

cholesterol

HEALTHY BLOOD SUGAR LEVELS* take before each meal

The psyllium husk fiber in Metamucil helps support:

APPETITE CONTROL* 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

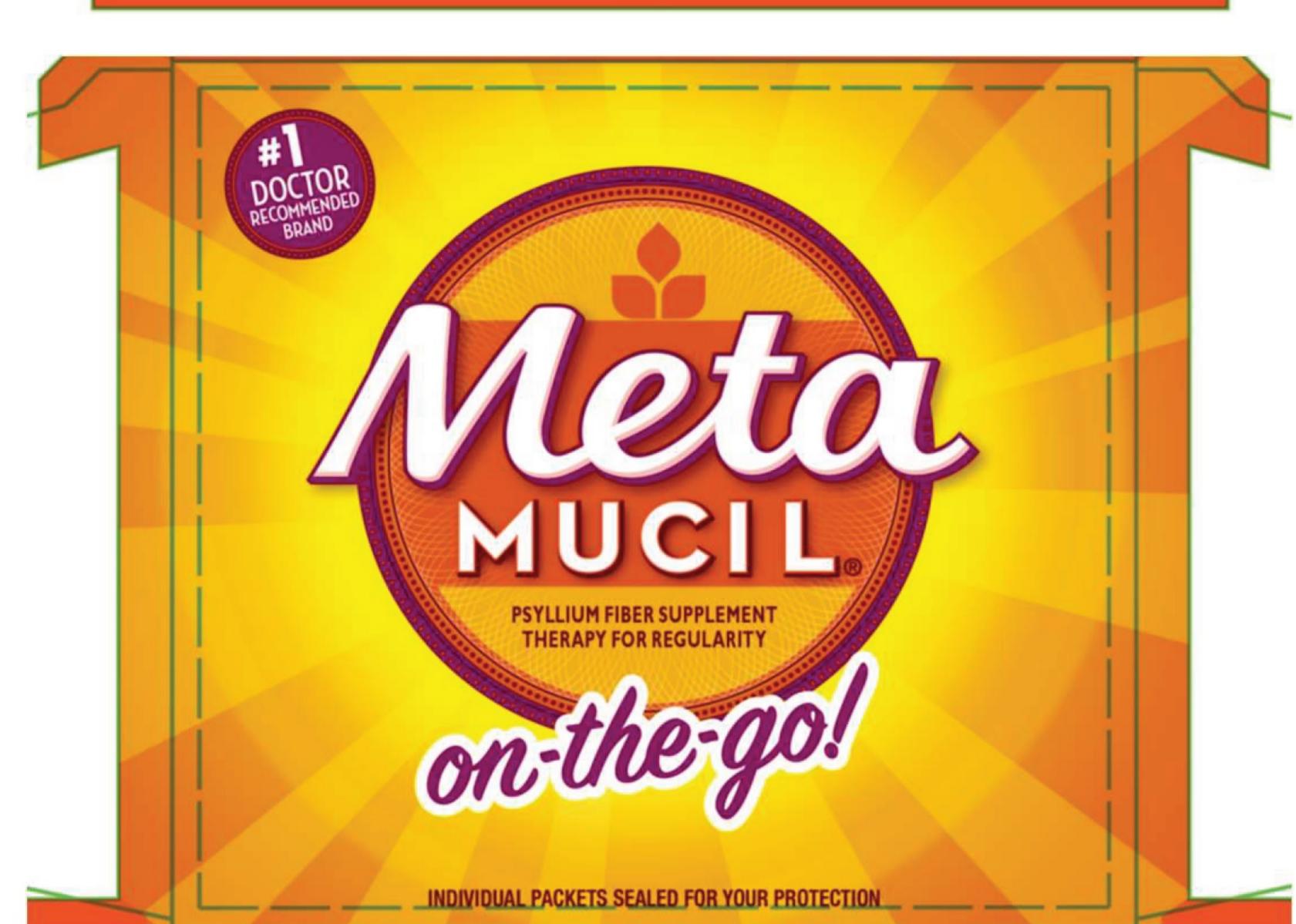
STOP USING this dietary supplement and ask a doctor if constipation lasts more than 7 days or rectal bleeding occurs. These may be signs of a serious condition.

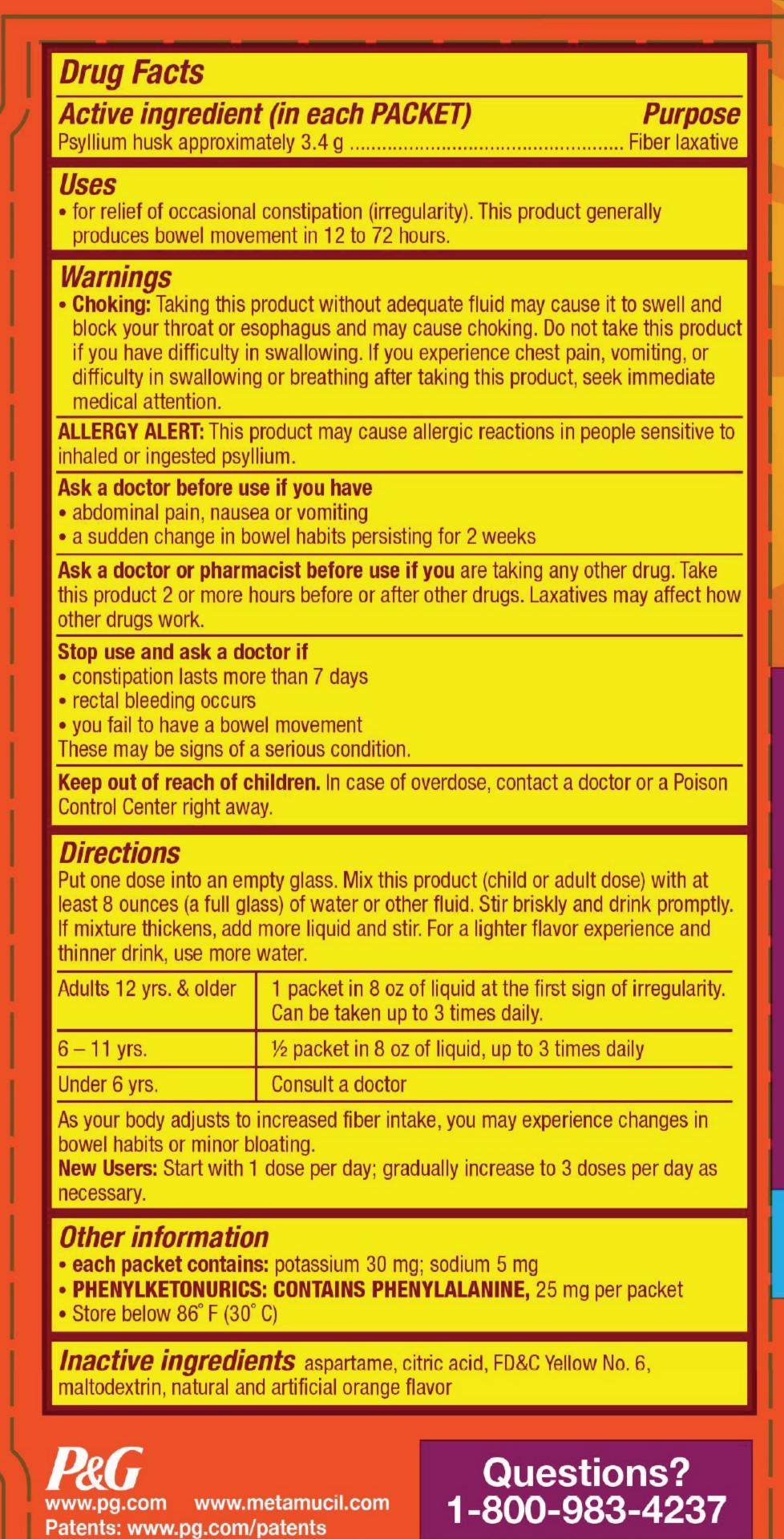
* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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

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This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts **Serving Size** 2 Packets (11.6 g) 1 Packet (5.8 g) Servings per Container **Amount Per Serving** % DV* % DV* Calories Total Carbohydrate Dietary Fiber Soluble Fiber Sodium <1% 5 mg <1% Potassium 60 mg 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

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



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.