

DO NOT USE IF PRINTED INNER SEAL IS BROKEN OR MISSING.

FOR MAINTENANCE

After your initial cleanse program, you can continue to experience the benefits by taking this product 1-3x per day as part of your daily routine. Learn about this and other Metamucil products at www.metamucil.com.

GLUTEN FREE

**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
- 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.

90967470



PSYLLIUM FIBER SUPPLEMENT

14-DAY CLEANSE

Helps Eliminate the Waste that Weighs You Down*

Sugar-Free
(not a low calorie food)

NET WT 6.1 OZ (174 g)



CITRUS
fiber powder / naturally flavored

*** THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.**

Supplement Facts

Serving Size 1 Rounded Teaspoon (5.8 g)
Servings Per Container About 30

Amount Per Serving		% DV*
Calories	15	
Total Carbohydrates	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 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
www.metamucil.com
Patents: www.pg.com/patents



14-DAY PROGRAM (For adults 12 years and older)

1. Put one rounded teaspoon into an empty glass 2x per day.
2. Mix briskly with 8 oz of cool liquid.
3. Drink promptly & enjoy!

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.

10-DAY PROGRAM

EXPERIENCED USERS: Metamucil Cleanse can be taken up to 3x per day for an accelerated 10-day program.

