

**DO NOT USE IF PRINTED INNER 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
- 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.

**P&G** [www.pg.com](http://www.pg.com)  
[www.metamucil.com](http://www.metamucil.com)  
 Patents: [www.pg.com/patents](http://www.pg.com/patents)



**PREMIUM BLEND**

Same Metamucil 4-in-1 Fiber

Made with Natural Flavors & Colors

not a low calorie food

**SUGAR-FREE with STEVIA**

**30** teaspoons

**ORANGE**

fiber powder / naturally flavored



**NET WT 6.1 OZ (172.5 g)**

**Supplement Facts**

Serving Size 2 Rounded Teaspoons (11.5 g) 1 Rounded Teaspoon (5.7 g)  
 Servings per Container About 15 About 30

Amount Per Serving	% DV*	% DV*
Calories	30	15
Total Carbohydrate	10 g 4%*	5 g 2%*
Dietary Fiber	5 g 20%*	3 g 10%*
Soluble Fiber	5 g †	2 g †
Iron	0.7 mg 3%	0.4 mg 2%
Sodium	10 mg <1%	5 mg <1%
Potassium	55 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 orange flavor, stevia, paprika extract (color), turmeric (color)

**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**

- Store below 86° F (30° C) tightly closed to protect from humidity
- Keep out of reach of children

**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:

<b>DIGESTIVE HEALTH*</b> by promoting regularity	<b>HEART HEALTH*</b> by lowering cholesterol	<b>HEALTHY BLOOD SUGAR LEVELS*</b> take before each meal
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**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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