

DO NOT USE IF PRINTED SEAL
IS BROKEN OR MISSING

PSYLLIUM, NATURE'S
SUPERFIBER

For centuries, psyllium husk has been used in traditional medicine to promote health.

Once a year, the psyllium seed is gathered from *Plantago ovata*, a plant grown in India.

These seeds are then stone ground to harvest the husk (outer layer) which is the source of the psyllium superfiber in Metamucil.

Today, psyllium is known as one of the most effective fibers for maintaining regular digestive health*, but it does so much more.

Taken daily, Metamucil superfiber also helps maintain healthy blood sugar levels* and supports heart health by lowering cholesterol†.

Learn more about the benefits of psyllium fiber at Metamucil.com.

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

91944829



PSYLLIUM
SUPERFIBER
POWDER

GLUTEN
FREE

PLANT
BASED
FIBER

SUGAR-FREE
not a low-calorie food

ORANGE
naturally & artificially
flavored / fiber powder



NET WT 10 OZ 283 g

Supplement Facts

Serving Size 1 Rounded Teaspoon (5.8 g)
Servings per Container About 48

Amount Per Serving		% DV*
Calories	15	
Total Carbohydrate	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 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

*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.

†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.

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



1 Put 1 rounded teaspoon in empty glass.



2 Mix briskly with 8 oz or more of cool liquid.



3 Drink promptly. Enjoy up to 3 times per day!

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

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.

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.

Questions?
1-800-983-4237

