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PSYLLIUM, NATURE'S SUPERFIBER

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

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.

*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.



PSYLLIUM SUPERFIBER CAPSULES

PLANT
BASED FIBER

GLUTEN
FREE



200 capsules

Supplement Facts

Serving Size 5 Capsules

Amount Per Serving	% DV*
Calories 5	
Total Carb. 2 g	<1%*
Dietary Fiber 2 g	7%*
Soluble Fiber 2 g	†
Protein less than 1 g	
Iron 0.4 mg	2%
Potassium 25 mg	<1%

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

INGREDIENTS: Psyllium husk, gelatin
DIST BY: PROCTER & GAMBLE, CINCINNATI, OH 45202
QUESTIONS? 1-800-983-4237

†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

2 to 5 capsules	DIGESTIVE HEALTH* by promoting regularity	up to 4 times per day
5 capsules	HEART HEALTH† by lowering cholesterol HEALTHY BLOOD SUGAR LEVELS* take before each meal	

Swallow 1 capsule at a time and take in an upright position.
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.

NOTICE: Take 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.



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