

Only sold as 130ct powders in a twin pack



Metamucil Sugar-Free 4-in-1 Fiber 26.6 oz cannister not sold individually.

SUGAR-FREE
not a low-calorie food

**DO NOT USE IF PRINTED
SEAL IS BROKEN
OR MISSING**



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

^^This product is not intended to treat diabetes.

- 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.

†See back for information about soluble fiber and heart disease.

**Meta
MUCIL®**

**PSYLLIUM FIBER
SUPPLEMENT**

4-in-1 Fiber

HELPS SUPPORT:

- 🌿 **Appetite Control***
- 🌿 **Heart Health by Lowering Cholesterol†**
- 🌿 **Healthy Blood Sugar Levels***
- 🌿 **Digestive Health***



naturally &
artificially flavored /
fiber powder

NET WT 26.6 OZ (1.7 LBS) 754 g

Supplement Facts

Serving Size	2 Rounded Teaspoons (11.6 g)	1 Rounded Teaspoon (5.8 g)
Servings per Container	About 65	About 130
Amount Per Serving	% DV*	% DV*
Calories	30	15
Total Carbohydrate	10 g 4%*	5 g 2%*
Dietary Fiber	6 g 21%*	3 g 11%*
Soluble Fiber	5 g †	2 g †
Iron	0.7 mg 4%	0.4 mg 2%
Sodium	10 mg <1%	5 mg <1%
Potassium	60 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 and artificial orange flavor, aspartame, Yellow 6

DIST. BY:
PROCTER & GAMBLE,
CINCINNATI, OH 45202



Questions? 1-800-983-4237

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 teaspoon
- Store below 86° F (30° C) tightly closed to protect from humidity
- **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.

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:



1 ROUNDED TEASPOON up to 3 times per day

OR



2 ROUNDED TEASPOONS up to 3 times per day

DIGESTIVE HEALTH*
by promoting regularity

HEART HEALTH*
by lowering cholesterol

HEALTHY BLOOD SUGAR LEVELS*
take before each meal

APPETITE CONTROL*
take before each meal

***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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