



**Sugar Free**  
NOT A LOW-CALORIE FOOD



# PSYLLIUM FIBER POWDER

## PSYLLIUM FIBER SUPPLEMENT

### 4-in-1 FIBER

HELPS SUPPORT:

- APPETITE CONTROL\*\*
- HEART HEALTH BY LOWERING CHOLESTEROL†
- HEALTHY BLOOD SUGAR LEVELS\*\*
- DIGESTIVE HEALTH\*\*

COMPARE TO THE FIBER CONTENT IN  
METAMUCIL® SUGAR FREE POWDER\*

NET WT 10 OZ (283 g)

Fill controlled by weight, not volume

**48 TEASPOONS**



\*See side for information about soluble fiber and heart disease

\*\*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.

## Supplement Facts

Amount Per Serving	% DV*	% DV*
Serving Size 2 rounded Teaspoons (11.6 g) 1 rounded Teaspoon (5.8 g)		
Servings Per Container About 24 About 48		
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 (DV) not established.

**INGREDIENTS:** Psyllium Husk, Maltodextrin, Citric Acid, Natural and Artificial Orange Flavor, Silica, Aspartame, FD&C Yellow No. 6.

**DIST. BY: GERI-CARE PHARMACEUTICALS CORP.**  
1295 TOWBIN AVE. LAKEWOOD, NJ 08701

**Questions or Comments?**  
1-800-540-3765

†Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in this product, may reduce the risk of heart disease by lowering cholesterol. One serving of this product has 2.4 grams of this soluble fiber.

**Warning:** Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).



**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 at room temperature. Keep container 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.

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.

### HOW TO TAKE THIS PRODUCT

(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 this product helps support:

**DIGESTIVE HEALTH\*\***

by promoting regularity

**HEART HEALTH†**

by lowering cholesterol

**HEALTHY BLOOD SUGAR LEVELS\*\***

take before each meal

**APPETITE CONTROL\*\***

take before each meal

OR



2 ROUNDED TEASPOONS up to 3 times per day



1 ROUNDED TEASPOON up to 3 times per day

**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.**

**TAMPER EVIDENT: DO NOT USE IF PRINTED INNER SEAL UNDER CAP IS BROKEN OR MISSING**

LOT: 51548GCLR

\*This product is not manufactured or distributed by Procter & Gamble, owner of the registered trademark Metamucil® Sugar Free Powder.

**GLUTEN-FREE**

EXP: