

LOT EXP

These gummies are made with inulin and Fibersol®, the newest fibers in the Metamucil family. If you are looking for our signature psyllium fiber, try our powders, capsules and sachets.

DIRECTIONS: For ages 12 and up.

1 Gummy = Nice and Easy!

2 Gummies = Double Down!!

3 Gummies = Fiber Up!!! (One Full Serving)

Up to 2 servings/day. Do not exceed recommended serving. **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



***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.**



1
Billion CFUs
Per Serving

FIBER + PROBIOTICS

prebiotic plant-based fiber blend
+ helps relieve occasional bloating*

not a low
calorie food

NO SUGAR ADDED

90 GUMMIES



STRAWBERRY KIWI
& BLACKBERRY
FLAVORED

INULIN AND
FIBERSOL® BLEND

Supplement Facts

Serving Size: 3 Gummies
Servings Per Container: 30

Amount Per Serving		% DV*
Calories	30	
Total Carbohydrate	9 g	3%*
Dietary Fiber	5 g	18%*
Total Sugars	2 g	††
Includes 0 g Added Sugars		0%*
Sodium	20 mg	1%
<i>Bacillus coagulans</i> LactoSpore®†	10 mg	††

* Percent Daily Values are based on a 2,000 calorie diet.

† Provides 1 billion (1 x 10⁹ CFU) until the "best by" date.

†† Daily Value (DV) not established.

Other ingredients: Inulin, water, soluble corn fiber (Fibersol®), xylitol; Less than 2% of: pectin, citric acid, sodium citrate, color (black carrot extract, watermelon extract, huito extract), natural flavors, carnauba wax, corn starch, medium chain triglyceride oil

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

MADE IN CANADA

KEEP OUT OF REACH OF CHILDREN. Talk to a physician before using if you are taking any prescription medication (especially immune suppressing drugs), have an immune-compromised condition (e.g. AIDS, lymphoma, undergoing long-term corticosteroid treatment) or if you are pregnant/breastfeeding. Store below 77°F (25°C) in a cool dry place.

Fibersol® is a soluble dietary fiber produced by ADM/Matsutani LLC