

Compare to Metamucil® Multihealth Capsules® active ingredient*



NDC 68196-119-40

100% natural psyllium fiber fiber capsules

fiber supplement
laxative for regularity

- Helps maintain healthy blood sugar levels as part of your diet**
- Helps lower cholesterol to promote heart health*
- Promotes digestive health**



actual size

400 Capsules

When used as a therapy for regularity:

Drug Facts	
Active ingredient (in each capsule) Psyllium husk approximately 0.52 g.	Purpose Fiber Laxative
Uses ■ effective in treating occasional constipation and restoring regularity	
Warnings Choking: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing, if you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Allergy alert: This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium. Ask a doctor before use if you have ■ a sudden change in bowel habits persisting for 2 weeks ■ abdominal pain, nausea or vomiting Stop use and ask a doctor if ■ constipation lasts more than 7 days ■ rectal bleeding occurs These may be signs of a serious condition Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away at 1-800-222-1222.	
Directions ■ Take this product with at least 8 ounces (a full glass) of water or other fluid. Taking this product without enough liquid may cause choking. See choking warning. ■ Adults 12 years and older: 5 capsules with 8 oz of liquid (swallow 1 capsule at a time) at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours. ■ Children 12 years and under: Ask a doctor ■ Laxatives, including bulk fibers, may affect how well other medicines work. If you are taking a prescription medicine by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine. ■ As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.	
Other information ■ each capsule contains: potassium 5 mg ■ capsules are sealed using a band around the middle ■ store at room temperature tightly closed to protect from humidity ■ contains a 100% natural therapeutic fiber ■ do not use if printed inner seal is broken or missing.	
Inactive ingredients caramel color, edible ink, gelatin, polysorbate 80.	
Questions or comments? 1-866-467-2748	

GLUTEN FREE: If you have specific dietary needs, you should consult your doctor before consuming this product. This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.

When used as a daily fiber supplement:

Directions: Swallow 1 capsule at a time and take in an upright position. Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines. New Users: Start with 1 serving per day; gradually increase to desired daily intake. You may initially experience changes in bowel habits or minor bloating, as your body adjust to increased fiber intake.																	
Uses	Directions (Adults 12 yrs and over)																
For lowering cholesterol to promote heart health. 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 1.8 grams of this soluble fiber.	5 capsules 4 times daily. Consult your doctor if you are considering use of this product as part of cholesterol-lowering program.																
For maintaining healthy blood sugar levels as part of your diet**	5 capsules 4 times daily. Consult your doctor before use if you are currently using medication to control your blood sugar levels.																
For promoting and maintaining digestive health.** For occasional constipation and to help promote and maintain regularity.	2 to 5 capsules up to 4 times daily for fiber supplementation. For children under 12, consult a doctor.																
**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.																	
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. Allergy alert: This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium. Contact your doctor BEFORE USING this dietary supplement if you have recently experienced a sudden change in bowel habits persisting for 2 weeks, abdominal pain, nausea or vomiting. 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.																	
Supplement Facts Serving Size: 5 Capsules Servings Per Container: 80																	
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*Percent Daily Values (%DV) are based on a 2,800 calorie diet. † Daily Value (DV) not established.																	
Ingredients: Psyllium husk, gelatin, polysorbate 80, caramel color, edible ink.																	

DISTRIBUTED BY:
SAM'S WEST, INC.
BENTONVILLE, AR 72716



**For comments or suggestions,
call us toll-free at 1-866-467-2748
from 8:00 a.m. to 5:00 p.m. CST Mon - Fri**

*This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil® Capsules.

LOT:

EXP:

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