

Compare to Metamucil® 4-in-1 MultiHealth Fiber® active ingredient*

NDC 68196-515-14

sugar free†

fiber powder

100% natural psyllium husk

daily fiber supplement | therapy for regularity

- Helps lower cholesterol to promote heart health*
- Promotes digestive health**
- Helps maintain healthy blood sugar levels**
- Helps you feel less hungry between meals**

orange smooth

NATURALLY AND
ARTIFICIALLY FLAVORED

NOT A LOW CALORIE FOOD†



23.3 OZ (660 g)

FILL CONTROLLED BY WEIGHT NOT VOLUME



180
Teaspoon Doses*

*Serving size varies.
See DIRECTIONS for more information.

Notice: Put powder into an empty glass. Mix this product with at least 8 oz. (a full glass) of liquid. Stir briskly and drink promptly. 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.

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 adjusts to increased fiber intake.

When used as a daily fiber supplement:

Fiber Supplement Information

Uses & Directions:

For feeling less hungry between meals**

Adults 12 yrs. and over: Two rounded teaspoons in 8 or more ounces of liquid with meals, up to 3 times daily.

For lowering cholesterol to promote heart health*

Adults 12 yrs. and over: One rounded teaspoon in 8 ounces of liquid, 3 times daily. *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. Consult a doctor if you are considering use of this product as a part of a cholesterol-lowering program.

For maintaining healthy blood sugar levels as part of your diet**

Adults 12 yrs. and over: One rounded teaspoon in 8 oz. of liquid, 3 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**

Adults 12 yrs. and over: One rounded teaspoon in 8 oz. of liquid up to 3 times daily for fiber supplementation. For occasional constipation and to help promote and maintain regularity. For children under 12, consult a doctor.

Supplement Facts

Serving Size	2 rounded tsp (11.5g)	1 rounded tsp (5.8g)
Servings Per Container	About 90	About 180
Amount per Serving	%DV*	%DV*
Calories	45	20
Total Carbohydrate	11 g 4%	5 g 2%
Dietary Fiber	8 g 24%	3 g 12%
Soluble Fiber	5 g †	2 g †
Sugars	0 g †	0 g †
Iron	1.4 mg 8%	0.7 mg 4%
Sodium	10 mg <1%	5 mg <1%
Potassium	70 mg 2%	35 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 & Artificial Orange Flavor, Silica, Aspartame, FD&C Yellow 6.

When used as a daily fiber supplement:

Drug Facts

Active ingredient: (in each TEASPOON)

Psyllium husk approximately 3.4 g.....Fiber therapy for regularity

Purpose

Uses: ■ for relief of occasional constipation (irregularity)

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: Put one dose into an empty glass. Mix this product (child or adult dose) 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. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir.

Adults 12 years & older:	1 rounded TEASPOON in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours.
6-11 yrs:	1/2 adult dose in 8 oz of liquid, up to 3 times daily
Under 6 yrs:	Consult a doctor

Bulk-forming fibers like psyllium husk 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.

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 adjusts to increased fiber intake.

Other information:

- each teaspoon contains: potassium 35 mg; sodium 5 mg
- PHENYLKETONURICS: CONTAINS PHENYLALANINE, 25 mg per teaspoon
- store at room temperature tightly closed to protect from humidity
- do not use if printed inner seal is broken or missing
- contains a 100% natural, therapeutic fiber

Inactive ingredients: aspartame, citric acid, FD&C yellow 6, maltodextrin, natural & artificial orange flavor, silica.

Questions or comments? 1-866-467-2748

***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.

DO NOT USE IF PRINTED INNER SEAL IS BROKEN OR MISSING

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

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.

GLUTEN FREE

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

LOT:

EXP:

**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**