



Drug Facts (continued)

Other information ■ do not use if printed seal under cap is torn or missing
 ■ store at room temperature ■ protect contents from moisture

Inactive ingredients caramel color, gelatin, iron oxide, polysorbate 80, shellac.

Fiber Supplement Information

Uses An easy way to increase your daily fiber intake. 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 provides 2.4 grams of this soluble fiber. Consult a doctor if you are considering use of this product as part of a cholesterol-lowering program.

Warnings
 Read entire label, including warnings in Drug Facts.

Directions Adults 12 yrs. & older: 2-6 capsules for increasing daily fiber intake; 6 capsules for cholesterol lowering use. Take this product with 8oz. of liquid (swallow 1 capsule at a time) up to 3 times daily. NOTICE: Take this product with at least 8 oz. (a full glass) of liquid. Taking this product without enough liquid may cause choking. Do not take if you have difficulty swallowing.

Supplement Facts

Serving Size: 6 Capsules
 Servings Per Container: About 26

Amount Per Serving	% DV*
Calories 10	
Total Carb. 3 g	1%*
Dietary Fiber 3 g	11%*
Soluble Fiber 2 g	†
Protein Less than 1 gram	
Iron 0.4 mg	2%
Potassium 30 mg	<1%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
 † Daily Value not established.

INGREDIENTS: Psyllium husk, gelatin, polysorbate 80, caramel color, shellac, iron oxide.

Stop Peeling Here

MFR# 53041
 REV 0712

DO NOT USE IF PRINTED SEAL UNDER CAP IS TORN OR MISSING

Drug Facts

Active ingredient (in each capsule)
 Psyllium husk approx. 0.52 g.....
Purpose
 Fiber laxative

Uses relieves. ■ occasional constipation ■ helps restore regularity ■ promotes normal function of the bowel

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 an allergic reaction in people sensitive to inhaled or ingested psyllium

Ask a doctor before use if you have
 ■ abdominal pain, nausea or vomiting ■ difficulty in swallowing
 ■ a sudden change in bowel habits that persists over a period of 2 weeks

Stop use and ask a doctor if
 ■ you fail to have a bowel movement after use ■ rectal bleeding occurs
 ■ symptoms persist more than 1 week

Keep out of the reach of children. In case of overdose, get medical help or contact a Poison Control Center immediately

Directions ■ take this product (child or adult dose) with a full glass of water (8oz.) or other fluid. Taking this product without enough liquid may cause choking. See choking warning. ■ swallow one capsule at a time ■ daily maximum 3 doses ■ dosage will vary according to diet, exercise, previous laxative use or severity of constipation ■ product generally produces effect in 12 - 72 hours.
children and children 12 years & older 5 capsules, 1 to 3 times a day
 children 6 to 11 years consider use of powder form of product
 children under 6 years ask a doctor

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adults and children 12 years & older	5 capsules, 1 to 3 times a day
children 6 to 11 years	consider use of powder form of product
children under 6 years	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.

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



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PEEL HERE FOR ADDITIONAL DRUG FACTS & SUPPLEMENT FACTS