

CVS
pharmacy

Natural DAILY FIBER

ORIGINAL COARSE

100% NATURAL PSYLLIUM HUSK
FIBER SUPPLEMENT

- Therapy for regularity as part of a healthy lifestyle
- Promotes digestive health
- Helps lower cholesterol to promote heart health

Regular

114 Teaspoon Doses
NET WT 29 OZ (1.8 LBS) 822 g
FILL CONTROLLER BY WEIGHT, NOT VOLUME

NEW!
IMPROVED

When used as a daily fiber supplement:

Fiber Supplement Information

Uses: • Daily fiber supplement. Each serving adds 3 grams of fiber to your diet.
• 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 adult dose of this product has 2.4 grams of the 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. Consult your doctor before use if you are currently using medication to control your blood sugar levels.

Warnings: Read entire label, including warnings in **Drug Facts**.

Directions: Adults 12 yrs. & older: Put 1 rounded TEASPOON into an empty glass and mix with 8 oz of liquid up to 3 times daily for daily fiber supplement. 3 times daily to help maintain healthy blood sugar levels¹ and for cholesterol lowering to promote heart health.
Under 12 yrs.: Consult a doctor.

NOTICE: Mix this product with at least 8 oz (1 full glass) of liquid. Taking this product without enough liquid may cause choking. Do not take if you have difficulty swallowing.

This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.¹

Supplement Facts

Serving Size: 1 rounded tsp (7 g)
Servings Per Container: 114

Amount Per Serving	%DV
Calories 25	
Total Carb. 7g	2%
Dietary fiber 3 g	12%
Soluble fiber 2 g	1
Sugars 3 g	1
Iron 0.4 mg	2%
Sodium 5 mg	<1%
Potassium 30 mg	<1%

¹ Percent Daily Values (%DV) are based on a 2,000 calorie diet.
1 Daily Value (DV) not established.

Ingredients: Sucrose, Psyllium Husk, Silica

When used as a therapy for regularity:

Drug Facts

Active ingredient: (in each TEASPOON)
Psyllium husk approximately 3.4 g

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, which may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing, seek immediate medical attention.

Warning: This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium.

See a doctor before use if you have:
• sudden change in bowel habits persisting for 2 weeks
• abdominal pain, nausea or cramping

Stop use and ask a doctor if:
• constipation lasts more than 7 days
• rectal bleeding occurs
• there 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. (1-800-222-1222)

Directions: Put one dose into an empty glass. Mix this product with at least 8 ounces of water or other fluid. Taking this product without enough liquid may cause choking. See label for more information.

Adults 12 years & older:
1 rounded TEASPOON in 8 oz of liquid at the first sign of irregularity. Generally produces effect in 12-72 hours.

6-11 yrs:
Consult a doctor

Under 6 yrs:
Consult a doctor

Other information:
• Each teaspoon contains: potassium 30 mg; sodium 5 mg
• 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: SILICA, SUCROSE

Questions or comments? 1-866-467-2748

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

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Purpose

Fiber therapy for regularity

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