



Supplement Facts

Serving Size: 6 Capsules

Servings Per Container: 66

Amount Per Serving	% DV*
Calories 10	
Total Carbohydrate 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 (DV) not established.



We would like to hear from you with any comments or suggestions. In the continental US or Canada, you can call us toll-free at 1-888-301-0332, Monday through Friday, from 8 am to 5 pm CST. Or you can send us an email at samsclub.com.

Distributed by: SAM'S West, Inc.
Bentonville, AR 72716

Drug Facts

Active ingredient (in each capsule)

Psyllium husk approx. 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

■ abdominal pain, nausea or vomiting ■ a sudden change in bowel habits persisting for 2 weeks

When using this product

■ it may cause an allergic reaction in people sensitive to inhaled or ingested psyllium
■ if you are taking a prescription medicine by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine

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 the reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions ■ take this product (child or adult dose) with a full glass of water (8 oz.) or other fluid. Taking this product without enough liquid may cause choking. See choking warning. ■ swallow capsules one 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 ■ as your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating

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

Other information ■ do not use if printed inner seal is torn or missing ■ store at room temperature ■ keep tightly closed to protect contents from humidity ■ each capsule contains potassium 5 mg ■ capsules are sealed using a band around the middle

Inactive ingredients Blue 1, caramel color, gelatin, polysorbate 80, shellac, sodium lauryl sulfate, titanium dioxide.

Fiber Supplement Information

Uses This product provides a convenient 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.

INGREDIENTS: Psyllium husk, gelatin, sodium lauryl sulfate, polysorbate 80, titanium dioxide, shellac, caramel color, blue 1.

Warnings

Read entire label, including **Drug Facts Warnings** section.

Directions Adults 12 yrs. & older: 2-6 capsules for increasing daily fiber intake; 6 capsules for cholesterol-lowering use. Take this product with 8 oz. 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. See **Drug Facts Warnings** section. Do not take this product if you have difficulty swallowing.

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