

Surge is the active ingredient of Metamucil® Capsules



NATURAL FIBER CAPSULES

FIBER LAXATIVE / DIETARY SUPPLEMENT

100% Natural Psyllium Fiber

Relieves Constipation, Restores Regularity

60 CAPSULES

Drug Facts

Read the entire label for complete information. This label may not contain all the information you need. For more information, ask your pharmacist or doctor.

Warnings: Do not use if printed seal under cap is torn or missing. Do not use if you experience chest pain, vomiting, or difficulty swallowing. Do not take this product if you have difficulty swallowing. Do not use if you experience chest pain, vomiting, or difficulty swallowing. Do not take this product if you have difficulty swallowing.

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.

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.

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APR 2017

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Peel Here for Continuing Drug Facts & Supplement Facts

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.



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Hoffman Estates, IL 60179
Shop kmart.com

SATISFACTION GUARANTEE

Thank you for purchasing this quality product. If you are unsatisfied for any reason, return the unused portion to the store for a full refund or call 1-800-842-7886.

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

Stop Peeling Here