

#1
DOCTOR
RECOMMENDED
BRAND

MAKE A CHANGE

Meta MUCIL®

100% NATURAL PSYLLIUM HUSK
DAILY FIBER
SUPPLEMENT

4 in 1 MultiHealth
FIBER!



Helps you **feel less hungry**
between meals*



Helps maintain **healthy blood
sugar** levels as part of your diet*



Helps **lower cholesterol**
to promote heart health*



Promotes **digestive
health***

made with **REAL SUGAR**

no artificial
ingredients

ORIGINAL COARSE fiber powder

NET WT 19 OZ (1.1 LBS) 538 g

Supplement Facts

Serving Size 2 rounded teaspoons (14 g) 1 rounded teaspoon (7 g)

Servings Per Container About 36 About 72

Amount Per Serving	% DV*	% DV*
Calories	50	25
Total Carbohydrate	13 g 4%*	7 g 2%*
Dietary Fiber	6 g 24%*	3 g 12%*
Soluble Fiber	5 g †	2 g †
Sugars	7 g †	4 g †
Iron	1.4 mg 8%	0.7 mg 4%
Iodine	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 not established.

INGREDIENTS: Sucrose, psyllium husk

BY PROCTER & GAMBLE, CINCINNATI OH 45202

DO NOT USE IF PRINTED
INNER SEAL IS BROKEN
OR MISSING.

Directions Put powder into a spoon
and mix with 1/2 cup of water or
other cool liquid. Stir briskly until
promptly. Take up to 3 times daily.

New Users: Start with 1 serving or less
and gradually increase to desired dose.
You may initially experience changes
in bowel habits or minor bloating, a gas
body adjusts to increased fiber intake.

Bulk-forming fibers like psyllium husk
may affect how well medicines are
absorbed. Take this product at least 2 hours
before or after medicines.

Important Information
• Store all moist ingredients tightly sealed
to protect from humidity
• Keep out of reach of children

NOTICE: Mix this product with at least 8 oz (a full glass) of liquid. 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 pollen.
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 a real
bleeding occurs. These may be signs of a serious condition.

METAMUCIL® MULTIHEALTH FIBER BENEFITS

**FOR FEELING LESS HUNGRY
BETWEEN MEALS***

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

**FOR MAINTAINING HEALTHY BLOOD
SUGAR LEVELS AS PART OF YOUR DIET***

Adults 12 yrs. and over: One rounded teaspoon in 8 ounces
of liquid, 3 times daily. Consult your doctor before use if you are
currently using medication to control your blood sugar level.

**FOR LOWERING CHOLESTEROL
TO PROMOTE HEART HEALTH***

Adults 12 yrs. and over: One rounded
teaspoon in 8 ounces of liquid, 3 times daily.
This low in saturated fat and cholesterol that
contains 7 grams of soluble fiber per day from
psyllium husk, as in Metamucil, may reduce the
risk of heart disease by lowering cholesterol.
The serving of Metamucil has 2.4 grams of
its soluble fiber. Consult a doctor if you are
considering use of this product as part of
a cholesterol-lowering program.

**FOR PROMOTING AND MAINTAINING
DIGESTIVE HEALTH***

Adults 12 yrs. and over: One rounded
teaspoon in 8 ounces 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.

*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.

