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#1 DOCTOR RECOMMENDED BRAND



3 in 1 MultiHealth FIBER!

- Helps lower cholesterol to promote heart health*
- Helps maintain healthy blood sugar levels as part of your diet*
- Promotes digestive health*

PSYLLIUM FIBER CAPSULES

160 CAPSULES

* See back for information about soluble fiber and heart disease.

Supplement Facts	
Serving Size 5 Capsules	
Servings Per Container 32	
Amount Per Serving	% DV*
Calories 10	
Total Carb. 2 g	1%*
Dietary Fiber 2 g	12%*
Soluble Fiber 2 g	†
Protein less than 1 g	
Iron 0.4 mg	2%
Potassium 25 mg	<1%

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

INGREDIENTS: Psyllium husk, gelatin

DIST. BY PROCTER & GAMBLE, CINCINNATI OH 45202

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Directions Swallow 1 capsule at a time and take in an upright position. Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.
New Users: Start with 1 serving per day; gradually increase to desired daily intake. You may initially experience changes in bowel habits or minor bloating, as your body adjusts to increased fiber intake.

Uses	Directions (Adults 12 yrs and over)
† 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 Metamucil, may reduce the risk of heart disease by lowering cholesterol. One serving of Metamucil has 1.8 grams of this soluble fiber.	5 capsules 4 times daily. Consult your doctor if you are considering use of this product as part of a cholesterol-lowering program.

For maintaining healthy blood sugar levels as part of your diet.*	5 capsules 4 times daily. Consult your doctor before use if you are currently using medication to control your blood sugar levels.
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For promoting and maintaining digestive health.* For occasional constipation and to help promote and maintain regularity.	2 to 5 capsules up to 4 times daily for fiber supplementation. For children under 12, consult a doctor.
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* 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.

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NOTICE: Take 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 psyllium.

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 rectal bleeding occurs. These may be signs of a serious condition.

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

GLUTEN FREE (may contain trace amounts less than 20 ppm). If you have specific dietary needs, you should consult your doctor before consuming this product.

Important Information

- To open bottle, push down and turn
- Store at room temperature tightly closed to protect from humidity
- See bottom for expiration date
- Keep out of reach of children

Questions? 1-800-983-4237
www.metawellness.com