

**Metamucil®  
Therapy for Regularity*****Drug Facts*****Active ingredient (in each TABLESPOON)**

Psyllium husk approximately 3.4 g

**Purpose**

Fiber therapy for regularity

**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

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

**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 reach of children.** In case of overdose, contact a doctor or a Poison Control Center right away.

### Directions

Put one dose into an empty glass. Mix this product (child or adult dose) with at least 8 ounces (a full glass) of water or other fluid. Taking this product without enough liquid may cause choking. See [choking warning](#). Stir briskly and drink promptly. If mixture thickens, add more liquid and stir.

Adults 12 yrs. & older	1 rounded TABLESPOON in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12 – 72 hours.
6 – 11 yrs.	½ adult dose in 8 oz of liquid, up to 3 times daily
Under 6 yrs.	Consult a doctor

Bulk-forming fibers like psyllium husk may affect how well other medicines work. If you are taking a prescription medicine by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine. As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.

### New Users

Start with 1 dose per day; gradually increase to 3 doses per day as necessary.

### Other information

- **each tablespoon contains:** potassium 30 mg; sodium 5 mg
- store at room temperature tightly closed to protect from humidity
- see bottom of canister for expiration date
- contains a 100% natural, therapeutic fiber

### Inactive ingredients

citric acid, FD&C Yellow No. 6, natural and artificial orange flavor, sucrose

### Questions?

**1-800-983-4237**

Dist. by Procter & Gamble, Cincinnati OH 45202

**PRINCIPAL DISPLAY PANEL - 1.36 kg Canister**

*100% Natural Psyllium  
Daily fiber supplement/  
Therapy for regularity*

**Metamucil®  
MultiHealth Fiber**

**P&G**

**WORLDWIDE  
PARTNER**

- ✓ *Helps lower cholesterol  
to promote heart health\**
- ✓ *Promotes digestive health†*
- ✓ *Low glycemic index\* †*
- ✓ *Gluten free  
(less than 20 ppm gluten)\**

**Orange smooth**

*Psyllium fiber powder  
Naturally and artificially flavored*

**NET WT 48.2 OZ (3 LBS) 1.36 kg  
114 DOSES**

***\*See back for information about soluble fiber and heart disease and for  
information about low glycemic index and gluten.***



100% Natural Psyllium  
Daily fiber supplement/  
Therapy for regularity

# Metamucil®

## MultiHealth Fiber

- ✓ Helps lower cholesterol to promote heart health\*
- ✓ Promotes digestive health†
- ✓ Low glycemic index\*†
- ✓ Gluten free (less than 20 ppm gluten)\*



P&G  
WORLDWIDE  
PARTNER





**Orange smooth**

Psyllium fiber powder      Naturally and artificially flavored

**NET WT 48.2 OZ (3 LBS) 1.36 kg      114 DOSES**

*\*See back for information about soluble fiber and heart disease and for information about low glycemic index and gluten.*

**Metamucil® MultiHealth Fiber**  
is the same great psyllium fiber  
that consumers have trusted  
for over 75 years!

<p><b>Fiber Supplement Information</b></p> <p><b>Uses</b> • 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 Metamucil, may reduce the risk of heart disease by lowering cholesterol. One adult dose of Metamucil has 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.</p> <p><b>Warnings</b> Read entire label, including warnings in Drug Facts.</p> <p><b>Directions</b> Adults 12 yrs. &amp; older: 1 rounded TABLESPOON in 8 oz of liquid up to 3 times daily for</p>	<p><b>Drug Facts</b></p> <table border="1"> <tr> <th>Active ingredient (in each TABLESPOON)</th> <th>Purpose</th> </tr> <tr> <td>Psyllium husk approximately 3.4 g.....</td> <td>Fiber therapy for regularity</td> </tr> </table> <p><b>Uses</b> • effective in treating occasional constipation and restoring regularity</p> <p><b>Warnings</b> <b>Choking:</b> 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. <b>Allergy alert:</b> This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium. <b>Ask a doctor before use</b> if you have • a sudden change in bowel habits persisting for 2 weeks • abdominal pain, nausea or vomiting <b>Stop use and ask a doctor if</b> • constipation lasts more than 7 days • rectal bleeding occurs These may be signs of a serious condition. <b>Keep out of reach of children.</b> In case of overdose, contact a doctor or a Poison Control Center right away.</p>	Active ingredient (in each TABLESPOON)	Purpose	Psyllium husk approximately 3.4 g.....	Fiber therapy for regularity
Active ingredient (in each TABLESPOON)	Purpose				
Psyllium husk approximately 3.4 g.....	Fiber therapy for regularity				

daily fiber supplement; 3 times daily for cholesterol lowering to promote heart health. *Under 12 yrs.:* Consult a doctor. See mixing directions in **Drug Facts**. **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.

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

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving Size 1 rounded Tbsp (12g)

Servings Per Container 114

Amount Per Serving	% DV*
Calories 45	
Total Carb. 12g	4%*
Dietary Fiber 3g	12%*
Soluble Fiber 2g	†
Sugars 9g	†
Iron 0.8mg	4%
Sodium 5mg	<1%
Potassium 30mg	<1%

\* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

† Daily Value not established.

**INGREDIENTS:** SUCROSE, PSYLLIUM HUSK, CITRIC ACID, NATURAL AND ARTIFICIAL ORANGE FLAVOR, YELLOW 6.

Dist. by Procter & Gamble, Cincinnati OH 45202

**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.

Do not use if printed inner seal is broken or missing.

[www.metamucil.com](http://www.metamucil.com)

© 2011 P&G

NDC 37000-023-07

†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.

**Directions** Put one dose into an empty glass. Mix this product (child or adult dose) with at least 8 ounces (a full glass) of water or other fluid. Taking this product without enough liquid may cause choking. See choking warning. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir.

Adults 12 yrs. & older	1 rounded TABLESPOON in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12 – 72 hours.
6 – 11 yrs.	½ adult dose in 8 oz of liquid, up to 3 times daily
Under 6 yrs.	Consult a doctor

Bulk-forming fibers like psyllium husk may affect how well other medicines work. If you are taking a prescription medicine by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine. As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating. **New Users:** Start with 1 dose per day; gradually increase to 3 doses per day as necessary.

## Other information

- each tablespoon contains: potassium 30 mg; sodium 5 mg
- store at room temperature tightly closed to protect from humidity
- see bottom of canister for expiration date
- contains a 100% natural, therapeutic fiber

**Inactive ingredients** citric acid, FD&C Yellow No. 6, natural and artificial orange flavor, sucrose

**Questions? 1-800-983-4237**

P&G, Proud Partner of the U.S. Olympic Team  
36 USC 220506

99927069



**METAMUCIL THERAPY FOR REGULARITY**

psyllium husk powder

**Product Information****Product Type**

HUMAN OTC DRUG

**Item Code (Source)**

NDC:37000-023

**Route of Administration**

ORAL

**DEA Schedule****Active Ingredient/Active Moiety**

Ingredient Name	Basis of Strength	Strength
<b>Psyllium Husk</b> (UNII: 0SHO53407G) (Psyllium Husk - UNII:0SHO53407G)	Psyllium Husk	3.4 g in 12 g

**Inactive Ingredients**

Ingredient Name	Strength
<b>citric acid monohydrate</b> (UNII: 2968PHW8QP)	
<b>FD&amp;C Yellow No. 6</b> (UNII: H77VEI93A8)	
<b>sucrose</b> (UNII: C151H8M554)	

**Product Characteristics****Color**

BROWN

**Score****Shape****Size****Flavor**

ORANGE

**Imprint Code****Contains****Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:37000-023-07	1360 g in 1 CANISTER; Type 0: Not a Combination Product		
2	NDC:37000-023-06	822 g in 1 CANISTER; Type 0: Not a Combination Product		
3	NDC:37000-023-05	575 g in 1 CANISTER; Type 0: Not a Combination Product		

4	NDC:37000-023-04	30 in 1 CARTON		
4	NDC:37000-023-10	12 g in 1 POUCH; Type 0: Not a Combination Product		
5	NDC:37000-023-10	12 g in 1 POUCH; Type 0: Not a Combination Product		
<b>Marketing Information</b>				
<b>Marketing Category</b>		<b>Application Number or Monograph Citation</b>	<b>Marketing Start Date</b>	<b>Marketing End Date</b>
OTC MONOGRAPH NOT FINAL		part334	03/31/1989	

**Labeler -** The Procter & Gamble Manufacturing Company (004238200)

Revised: 9/2014

The Procter & Gamble Manufacturing Company