

DO NOT USE IF PRINTED  
SEAL IS BROKEN OR  
MISSING



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

BEFORE USING this dietary  
supplement ask your  
doctor if you

- are considering using this  
product as part of a  
cholesterol-lowering  
program
- are using medication to  
control your blood sugar  
levels

^^ This product is not  
intended to treat diabetes.

- have recently experienced  
abdominal pain, nausea,  
vomiting or a sudden  
change in bowel habits  
persisting for two weeks

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.



# Meta MUCIL®

PSYLLIUM FIBER  
SUPPLEMENT

## 4-in-1 FIBER

HELPS SUPPORT:

- Appetite Control\*
- Heart Health by  
Lowering Cholesterol†
- Healthy Blood  
Sugar Levels\*
- Digestive Health\*



**SUGAR-FREE**  
not a low-calorie food

**ORANGE**  
naturally & artificially  
flavored / fiber powder

114 teaspoons

NET WT 23.3 OZ (1.4 LBS) 660 g

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

### Supplement Facts

Serving Size 2 Rounded Teaspoons (11.6 g) 1 Rounded Teaspoon (5.8 g)  
Servings per Container About 57 About 114

| Amount Per Serving | % DV*                | % DV*                |
|--------------------|----------------------|----------------------|
| Calories           | 30                   | 15                   |
| Total Carbohydrate | 10 g 4% <sup>†</sup> | 5 g 2% <sup>†</sup>  |
| Dietary Fiber      | 6 g 21% <sup>†</sup> | 3 g 11% <sup>†</sup> |
| Soluble Fiber      | 5 g †                | 2 g †                |
| Iron               | 0.7 mg 4%            | 0.4 mg 2%            |
| Sodium             | 10 mg <1%            | 5 mg <1%             |
| Potassium          | 60 mg 1%             | 30 mg <1%            |

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

Ingredients: Psyllium husk, maltodextrin, citric acid,  
natural and artificial orange flavor, aspartame, Yellow 6  
DIST. BY: PROCTER & GAMBLE, CINCINNATI, OH 45202

NEW USERS: Start with one serving per day; gradually increase to desired daily  
intake. You may experience changes in bowel habits / minor bloating, as your  
body adjusts to increased fiber intake.

#### HOW TO TAKE METAMUCIL

(For adults 12 years and older)



1 Put 1-2 rounded  
teaspoons in  
empty glass.



2 Mix briskly with  
8 oz or more of  
cool liquid.



3 Drink  
promptly  
and enjoy!

#### HOW MUCH TO TAKE

The psyllium husk fiber in Metamucil helps support:

**DIGESTIVE  
HEALTH\***  
by promoting  
regularity

**HEART  
HEALTH\***  
by lowering  
cholesterol

**HEALTHY BLOOD  
SUGAR LEVELS\***  
take before each meal

**APPETITE CONTROL\***  
take before each meal

OR

1 ROUNDED TEASPOON up to 3 times per day

2 ROUNDED TEASPOONS  
up to 3 times per day

GLUTEN FREE

\* 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.

†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  
2.4 grams of this soluble fiber.

**ALLERGY ALERT:** This product  
may cause allergic reactions in  
people sensitive to inhaled or  
ingested psyllium.

**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.

#### IMPORTANT INFORMATION:

- **PHENYLKETONURICS:**  
CONTAINS PHENYLALANINE,  
25 mg per teaspoon
- Store below 86° F (30° C) tightly  
closed to protect from humidity
- Keep out of reach of children

Questions?  
1-800-983-4237

P&G  
www.pg.com  
metamucil.com  
Patents: www.pg.com/patents

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### DIGESTIVE HEALTH\*

by promoting regularity

### HEART HEALTH\*

by lowering cholesterol

### HEALTHY BLOOD SUGAR LEVELS\*

take before each meal

### APPETITE CONTROL\*

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