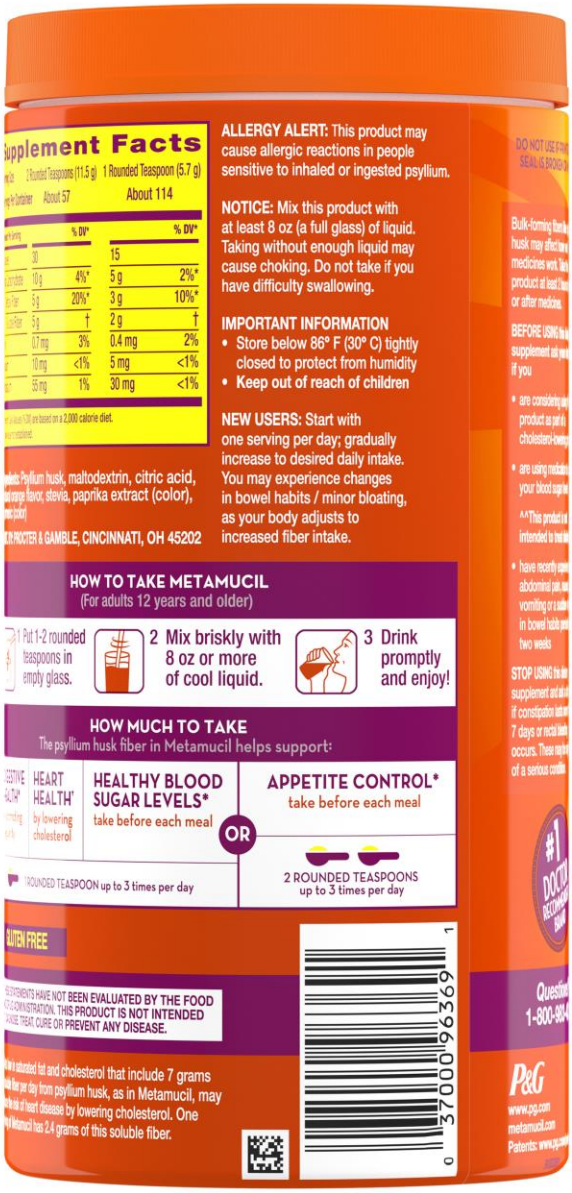

with stevia
Meta
MUCIL
PSYLLIUM FIBER SUPPLEMENT
PREMIUM BLEND
Same Metamucil 4-in-1 Fiber
Sweetened with Plant Based Stevia
Made with Natural Flavors and Colors
SUGAR-FREE with STEVIA
ORANGE
114 TEASPOONS (TSP)
NET WT 23.1 OZ



Supplement Facts

	1 Rounded Teaspoon (5.7 g)		2 Rounded Teaspoons (11.5 g)	
Servings Per Container	About 114		About 57	
		% DV*		% DV*
Calories	15		30	
Total Carbohydrate	5 g	2%*	10 g	4%*
Dietary Fiber	3 g	10%*	6 g	20%*
Total Sugars	2 g	†	5 g	†
Sodium	0.4 mg	2%	0.7 mg	3%
Potassium	5 mg	<1%	10 mg	<1%
Calcium	30 mg	<1%	55 mg	1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
† Percent Daily Value not established.

Ingredients: Psyllium husk, maltodextrin, citric acid, natural orange flavor, stevia, paprika extract (color), [illegible] color)

DISTRIBUTED BY: PROCTER & GAMBLE, CINCINNATI, OH 45202

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

- Store below 86° F (30° C) tightly closed to protect from humidity
- **Keep out of reach of children**

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:

[illegible] HEART HEALTH* by lowering cholesterol	HEALTHY BLOOD SUGAR LEVELS* take before each meal	OR	APPETITE CONTROL* take before each meal
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.

[illegible] saturated fat and cholesterol that include 7 grams soluble fiber per day from psyllium husk, as in Metamucil, may reduce risk of heart disease by lowering cholesterol. One serving of Metamucil has 2.4 grams of this soluble fiber.

0 37000 96369 1

DO NOT USE IF [illegible] SEAL IS BROKEN

Bulk-forming fiber [illegible] husk may affect how [illegible] medicines work. Take [illegible] product at least 1 hour [illegible] or after medicine.

BEFORE USING this [illegible] supplement ask your [illegible] if you

- are considering [illegible] product as part of [illegible] cholesterol-lowering [illegible]
- are using medication [illegible] your blood sugar [illegible]

^^This product is [illegible] intended to treat [illegible]

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

STOP USING this [illegible] supplement and ask a [illegible] if constipation lasts or worsens, or if rectal bleeding occurs. These may be signs of a serious condition

#1 DOCTOR RECOMMENDED BRAND

Questions? 1-800-[illegible]

P&G

www.pg.com
metamucil.com
Patents: www.pg.com/[illegible]

Supplement Facts

Serving Size	2 Rounded Teaspoons (11.5 g)	1 Rounded Teaspoon (5.7 g)
Servings Per Container	About 57	About 114

Amount Per Serving		**% DV***		**% DV***
Calories	30		15	
Total Carbohydrate	10 g	4%*	5 g	2%*
Dietary Fiber	5 g	20%*	3 g	10%*
Soluble Fiber	5 g	†	2 g	†
Iron	0.7 mg	3%	0.4 mg	2%
Sodium	10 mg	<1%	5 mg	<1%
Potassium	55 mg	1%	30 mg	<1%

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

Ingredients: Psyllium husk, maltodextrin, citric acid, natural orange flavor, stevia, paprika extract (color), turmeric (color)

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GLUTEN FREE