



**Meta**  
**MUCIL**  
FIBER  
SUPPLEMENT

**5g**  
of fiber per  
serving

**FIBER GUMMIES**

*Promotes digestive health\**  
*Prebiotic plant-based fiber blend*

not a low  
calorie food

**NO SUGAR ADDED**



**ORANGE**  
FLAVORED

**105 GUMMIES**

Our plant-based fibers are expertly crafted into the exclusive blend that powers our delicious gummy.

**DIRECTIONS:** For ages 12 and up  
1 Gummy = Nice and Easy!  
2 Gummies = Double Down!!  
3 Gummies = Fiber Up!!! (One Full Serving)  
Up to 3 servings/day

**Do not exceed recommended serving.**

**NEW USERS:** Start with 1-3 gummies 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.

Fibersol® is a soluble dietary fiber produced by ADM / Matsutani LLC

**QUESTIONS?**

1-800-983-4237

metamucil.com Patents: [www.pg.com/patents](http://www.pg.com/patents)

**P&G**  
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90368639



not a low  
calorie food

NO SUGAR

105%

## Supplement Facts

Serving Size: 3 Gummies

Amount Per Serving		% DV*
Calories	25	
Total Carbohydrate	10 g	4%*
Dietary Fiber	5 g	18%*
Total Sugars	2 g	
Includes 0 g Added Sugars		0%*
Sodium	20 mg	1%

\*Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Inulin, soluble corn fiber (Fibersol®), water, xylitol; Less than 2% of: pectin, citric acid (pH adjuster), sodium citrate, natural orange flavor, coconut oil with carnauba wax, color (annatto).