

Drug Facts

Active ingredient (in each PACKET) — **Purpose**
Psyllium husk approximately 3.4 g — Fiber laxative

Uses
- for relief of occasional constipation (irregularity). This product generally produces bowel movement in 12 to 72 hours.

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

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

Ask a doctor before use if you have
- abdominal pain, nausea or vomiting
- a sudden change in bowel habits persisting for 2 weeks

Ask a doctor or pharmacist before use if you are taking any other drug. Take this product 2 or more hours before or after other drugs. Laxatives may affect how other drugs work.

Stop use and ask a doctor if
- constipation lasts more than 7 days
- rectal bleeding occurs
- you fail to have a bowel movement

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. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir. For a lighter flavor experience and thinner drink, use more water.

Adults 12 yrs. & older	1 packet in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily.
6 – 11 yrs.	½ packet in 8 oz of liquid, up to 3 times daily
Under 6 yrs.	Consult a doctor

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

Other information
- each packet contains: potassium 30 mg; sodium 5 mg
- **PHENYLKETONURICS: CONTAINS PHENYLALANINE,** 25 mg per packet
- Store below 86° F (30° C)

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

Supplement Facts

Serving Size	2 Packets (11.6 g)		1 Packet (5.8 g)	
Servings per Container	15		30	
Amount Per Serving		**% DV***		**% DV***
Calories	30		15	
Total Carbohydrate	10 g	4%*	5 g	2%*
Dietary Fiber	6 g	21%*	3 g	11%*
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 (%DV) 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

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

GLUTEN FREE

HOW TO TAKE METAMUCIL: (For adults 12 years and older)

Put 1-2 rounded teaspoons in empty glass.

Mix briskly with 8 oz or more of cool liquid.

Drink promptly and enjoy!

HOW MUCH TO TAKE: The psyllium husk fiber in Metamucil helps support:

DIGESTIVE HEALTH* by promoting regularity - 1-2 teaspoons up to 3 times per day

HEART HEALTH† by lowering cholesterol - 1-2 teaspoons up to 3 times per day

HEALTHY BLOOD SUGAR LEVELS* take before each meal - 1-2 teaspoons up to 3 times per day

APPETITE CONTROL* take before each meal - 1-2 teaspoons up to 3 times per day

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.

Important information

ALLERGY ALERT:

This product may cause allergic reactions in people sensitive to inhaled or ingested psyllium.

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
- 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.

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

PHENYLKETONURICS:

CONTAINS PHENYLALANINE, 25 mg per packet

QUESTIONS?

1-800-983-4237 or email us.