

**METAMUCIL THERAPY FOR REGULARITY- psyllium husk powder**  
**The Procter & Gamble Manufacturing Company**

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**Metamucil**®

**PSYLLIUM FIBER SUPPLEMENT THERAPY FOR REGULARITY**  
**on-the-go!**

***Drug Facts***

**Active ingredient (in each PACKET)**

Psyllium husk approximately 3.4 g

**Active ingredient (in each PACKET) Purpose**

Fiber laxative

**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.

**Uses**

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

**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.	1/2 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 day as necessary.

## 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

## Questions?

**1-800-983-4237**

**INDIVIDUAL PACKETS SEALED FOR YOUR PROTECTION**

**DIST. BY PROCTER & GAMBLE,  
CINCINNATI OH 45202**

**PRINCIPAL DISPLAY PANEL**

MetaMUCIL

PSYLLIUM FIBER SUPPLEMENT THERAPY FOR REGULARITY

on-the-go!

30 packets

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*

*†See back for information about soluble fiber and heart disease*

*ORANGE fiber powder / naturally and artificially flavored*

30-0.21 OZ (5.8 g) POWDER PACKETS/NET WT 6.2 OZ (176 g)

\*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.



**Active Ingredient/Active Moiety**

Ingredient Name	Basis of Strength	Strength
PSYLLIUM HUSK (UNII: 0SHO53407G) (PSYLLIUM HUSK - UNII:0SHO53407G)	PSYLLIUM HUSK	3.4 g in 5.8 g

**Inactive Ingredients**

Ingredient Name	Strength
CITRIC ACID MONOHYDRATE (UNII: 2968PHW8QP)	
ASPARTAME (UNII: Z0H242BBR1)	
FD&C YELLOW NO. 6 (UNII: H77VEI93A8)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	

**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:37000-024-04	30 in 1 CARTON	12/15/1994	
1		0.021 g in 1 PACKET; Type 0: Not a Combination Product		
2	NDC:37000-024-10	0.021 g in 1 PACKET; Type 0: Not a Combination Product	12/15/1994	

**Marketing Information**

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	12/15/1994	

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

Revised: 3/2024

The Procter &amp; Gamble Manufacturing Company