

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

Metamucil®

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

Drug Facts

Active ingredient (in each PACKET (5.8 g))

Psyllium husk approximately 3.4 g

Purpose

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 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.

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.

If pregnant or breast-feeding,

ask a health professional before use.

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 (5.8 g) 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 naturally and artificially flavored

30-0.21 OZ (5.8 g) POWDER PACKETS/NET WT 6.1 OZ (174g)

*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.



WARNING: Taking with protein, mineral supplements may cause it to either 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.

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.

If pregnant or breast-feeding, ask a health professional before use. 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.
5-11 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 day as necessary.

Other information

- each packet (5.8 g) contains: potassium 30 mg; sodium 5 mg
- **PHENYLKETONURICS: CONTAINS PHENYLALANINE, 25 mg per packet**
- Store below 86° F (30° C)

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

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

30 packets

ORANGE
naturally and artificially flavored

30 - 0.21 OZ (5.8 g) POWDER PACKETS / NET WT 6.1 OZ (174 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.

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	10mg	<1%	5 mg	<1%
Potassium	60 mg	1%	30mg	<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

DIST. 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.

GLUTEN FREE

IMPORTANT INFORMATION

- PHENYLKETONURICS: CONTAINS PHENYLALANINE, 25 mg per packet.
- Store below 86° F (30° C).
- KEEP OUT OF REACH OF CHILDREN

#1 DOCTOR RECOMMENDED BRAND

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.

Questions?
1-800-983-4237

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

Metamucil on-the-go packets are pre-measured and ready to use wherever you are. They are a portable way to get an extra serving of fiber every day.

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

- 1 Put 1-2 packets 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
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OR

1 PACKET up to 3 times per day 2 PACKETS up to 3 times per day

†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.

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
- 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.

*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.

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recycling info
PAPER BOX MULTI-LAYER PACKET

METAMUCIL THERAPY FOR REGULARITY

psyllium husk powder

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:37000-024
Route of Administration	ORAL		

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		5.8 g in 1 PACKET; Type 0: Not a Combination Product		
2	NDC:37000-024-10	5.8 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)