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	1 packet in 8 oz of liquid at the first sign	
yrs. &	of irregularity.	
older	Can be taken up to 3 times daily.	
6 - 11	1/2 packet in 8 oz of liquid, up to 3 times	
yrs.	daily	
Under 6	Consult a doctor	
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 Cholesterolt

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

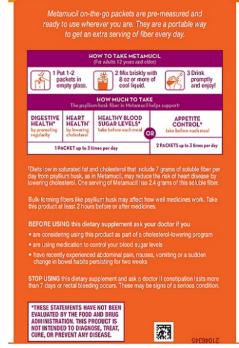
ingredient (in each PACKET (5.8 g))

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.









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			

P	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)

Revised: 10/2024 The Procter & Gamble Manufacturing Company