



**Metamucil®
Psyllium Powders**

Citrucel®

FiberCon®

Benefiber®

Contains 100% natural viscous soluble fiber



**Contains both viscous soluble
and insoluble fiber**



**Helps lower cholesterol to
promote heart health***



Labeled indication for laxation



Labeled as a fiber supplement



#1 Doctor recommended brand of fiber



**#1 Gastroenterologist² recommended
brand of fiber**



**#1 pharmacist¹ recommended
recommended brand of laxative fiber
(bulk/fiber category)**



Over 75 years of trusted history



**Fiber recognized by the FDA for
multiple health benefits***



**Forms a gel to help deliver
multiple health benefits**



*Psyllium fiber, as in Metamucil powders and capsules, is recognized by the FDA to treat occasional constipation and help lower cholesterol. Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk may reduce the risk of heart disease by lowering cholesterol. One adult dose of Metamucil has at least 2.1 grams of this soluble fiber. Use as directed. May contain trace amounts of gluten. If you have specific dietary needs, you should consult your doctor before consuming this product. This Metamucil product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.

¹ Based on Pharmacy Times 2011 survey; (laxative: bulk/fiber category).

² Among recommendations in a Wolters Kluwer survey 2010 (therapeutic fiber category)

† 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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