

8" width

5" height

GERI CARE®



**PSYLLIUM FIBER POWDER**  
**PSYLLIUM FIBER SUPPLEMENT**  
**4-in-1 FIBER**

HELPS SUPPORT:

APPETITE CONTROL\*\*  
 HEART HEALTH BY LOWERING CHOLESTEROL†  
 HEALTHY BLOOD SUGAR LEVELS\*\*  
 DIGESTIVE HEALTH\*\*

COMPARE TO THE FIBER CONTENT IN  
 METAMUCIL® POWDER\*

NET WT 13 OZ (368 g)  
 Fill controlled by weight, not volume

30 TABLESPOONS

\*See side for information about soluble fiber and heart disease

\*\*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.

**Supplement Facts**

Amount Per Serving	% DV*	% DV*
Serving Size 2 rounded Tablespoons (24 g)	1 rounded Tablespoon (12 g)	
Servings Per Container About 15	About 30	
Calories 80	40	
Total Carbohydrate 23 g	8%*	12 g 4%*
Dietary Fiber 6 g	21%*	3 g 11%*
Soluble Fiber 5 g	†	2 g †
Total Sugars 16 g	†	8 g †
Includes Added Sugars 16 g	32%*	8 g 16%*
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 (DV) not established.

**INGREDIENTS:** Sucrose, Psyllium Husk, Citric Acid, Natural and Artificial Orange Flavor, Silica, FD&C Yellow No. 6.

**DIST. BY: GERI-CARE PHARMACEUTICALS CORP.**  
 1295 TOWBIN AVE. LAKEWOOD, NJ 08701

**Questions or Comments?**  
 1-800-540-3765

†Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in this product, may reduce the risk of heart disease by lowering cholesterol. One serving of this product has 2.4 grams of this soluble fiber.

**Warning:** Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).



**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.

**IMPORTANT INFORMATION:**

• Store at room temperature. Keep container tightly closed to protect from humidity.

• **KEEP OUT OF REACH OF CHILDREN**

**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.

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

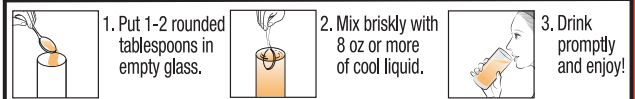
• are considering using this product as part of a cholesterol-lowering program

• 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.

**HOW TO TAKE THIS PRODUCT**  
 (For adults 12 years and older)



**HOW MUCH TO TAKE**

The psyllium husk fiber in this product helps support:

<b>DIGESTIVE HEALTH**</b> by promoting regularity	<b>HEART HEALTH†</b> by lowering cholesterol	<b>HEALTHY BLOOD SUGAR LEVELS**</b> take before each meal	<b>APPETITE CONTROL**</b> take before each meal
OR			
1 ROUNDED TABLESPOON up to 3 times per day			2 ROUNDED TABLESPOONS up to 3 times per day

**\*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.**

**TAMPER EVIDENT: DO NOT USE IF PRINTED INNER SEAL UNDER CAP IS BROKEN OR MISSING**

\*This product is not manufactured or distributed by Procter & Gamble, owner of the registered trademark Metamucil® Powder.

GLUTEN-FREE

LOT: 51330GCLR

EXP:

SHREE Ji PRINTING  
 55 VETERANS BLVD.  
 CARLSTADT, NJ 07072  
**PHONE: 201-842-9500**  
**FAX: 201-842-9502**  
 INFO@SJPRINTING.COM  
 WWW.SJPRINTING.COM

**CUSTOMER:** GERICARE  
**PART #:** 51330GCLR  
**DIE SIZE:** 5"X8"  
**DATE:** 5/13/22 **PROOF BY:** CE

**COLORS:**

Cyan	Magenta	Yellow	Black	Warm Red	1495	SPOT UV	Dieline

Does not Print

This proof is for approval of positioning and all copy provided to us for production. It is not representative of the color, paper stock finish or print quality, unless specified. WE STRIVE TO PRODUCE AN ERROR FREE JOB, BUT WE CANNOT ASSUME RESPONSIBILITY FOR ERRORS NOT CLEARLY MARKED ON THE PROOF. THEREFORE, IT IS YOUR RESPONSIBILITY TO READ AND THOROUGHLY CHECK THIS PROOF. Please mark changes or corrections clearly, sign your name, date and return the proof to us.

Please check the appropriate box, date and sign.  
 Proof Approved -Okay to Proceed  Submit New Proof  
 Approved With Corrections Noted  
 Date: \_\_\_\_\_ X \_\_\_\_\_  
 PROOF APPROVED BY \_\_\_\_\_