



Metamucil Clear & Natural

Looking for a clear-mixing way to add fiber to your diet? The 100% natural inulin fiber in Metamucil® Clear & Natural makes it the flavor-free, taste-free, grit-free way to add fiber to your favorite beverages and foods—every day.

Available Sizes

- 34- and 57-teaspoon servings

Metamucil Clear & Natural Inulin Fiber Supplement Powder Ingredients

If you're looking for an easy way to add fiber to most of your diet, without changing the taste of many of your favorite beverages and foods, inulin fiber is just right for you. And, Metamucil Clear & Natural has won the **ChefsBest® Award** for Best Taste.*

Inulin fiber is:

- 100% natural
- Harvested from chicory roots, a natural vegetable fiber
- Completely dissolvable in most beverages and foods, making it clear-mixing

INGREDIENT: Inulin (100% natural vegetable fiber)

* Among leading clear-mixing fiber supplement brands. The ChefsBest Award for Best Taste is awarded to the brand rated highest overall among leading brands by independent professional chefs.

Serving Size: 1 heaping tsp (5.8g)	
Servings Per Container: [34] [57]	
Amount Per Serving	%DV*
Calories 25	
Total Carb. 6 g	2%*
Dietary Fiber 5 g	20%*
Soluble Fiber 5 g	†
Sugars 0 g	†
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	
† Daily Value (DV) not established.	



**MIX 2 TABLESPOONS
LARGE GLASS OF WATER
AM AND PM**