

Using Soluble Fiber Supplements to Reduce LDL Cholesterol

It can be hard to get enough soluble fiber from food every day. Fiber supplements may help. If you take enough supplements per day, you can lower your LDL cholesterol.

Types of Fiber

Plant-based foods contain fiber. You can find two types of fiber in these foods, insoluble and soluble fibers.

Insoluble fiber does not change as it moves through your digestive system. It pulls water into your intestines, which helps you avoid constipation. Insoluble fiber also keeps your colon healthy and working well. Foods that are good sources of insoluble fiber include:

- Wheat bran
- Vegetables
- Fruits (with skins)
- Legumes (dry beans and peas)
- Whole-grain foods

Soluble fiber mixes with water to form a gel in your stomach. This helps lower LDL (“bad”) cholesterol and blood sugar by blocking fats and sugars from entering your body. Foods that are high in soluble fiber (>4 grams per serving) include:

- Oats, oatmeal, oat bran and barley
- High fiber multigrain clusters
- Bran flakes or cereal
- Lentils and beans (kidney beans, black beans, pinto beans)
- Some vegetables (artichoke, brussels sprouts, broccoli, carrots)
- Some fruits (apples, oranges, prunes, berries)
- Chia seeds and ground flaxseeds
- Almonds, walnuts, and peanuts

Both types support your health in unique ways. Your provider may ask that you eat more foods high in soluble fiber.

Fiber Supplements

Because it’s hard to get soluble fiber on your own, your doctor may suggest taking supplements. If you take three or four servings each day, you will provide about 5 to 10 grams of fiber which will help lower your LDL.

Types of Supplements

Psyllium fiber, which is found in Metamucil® and store-brand psyllium husk, works the best for lowering LDL. Brands that do not contain psyllium (Benefiber, Citrucel, etc) don’t work as well.

The chart on the next page shows how to take fiber supplements.

Side Effects

Psyllium can cause side effects. Side effects include:

- Bloating
- Gas
- Larger, more frequent stools
- Bowel blockages (rare)
- Allergies (rare)

To prevent side effects, drink water to help the fiber move through your system. Begin with a small dose and gradually increase to minimize side effects.

Who to Call

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit

www.uwhealth.org/.

Metamucil® Supplements (psyllium fiber)		
Week	Breakfast	Supper
1	1 dose in 8 oz liquid*	
2	1 dose in 8 oz liquid	1 dose in 8 oz liquid
3	2 doses in 16 oz liquid	2 doses in 16 oz liquid
4	Increase if recommended by your health care provider.	

*Note: **Do not** take soluble fiber supplements with other medicine. Fiber can bind to them and decrease absorption. **Avoid** taking 2 hours before or 4 hours after taking medicine..

Product	Dose	Calories per Dose	Dietary Fiber, gm	Soluble Fiber, gm	Total Carbohydrate, gm
Metamucil® Orange smooth powder	1 rounded tbsp	45	3	2	12
Metamucil® sugar-free, smooth powder berry, orange or unflavored (no added sweetener)	1 rounded tsp	20	3	2	5
Metamucil® Premium Blend, sugar free orange powder (sweetened with stevia)	1 rounded tsp	15	3	2	5
Metamucil® capsules	5 capsules	10	2	2	2
Metamucil® multigrain fiber wafers	2 wafers	100	5	3	16
Meta Health Bar Cinnamon Oatmeal Raisin or Cranberry lemon drizzle	1 bar	150	4	3	30
Metamucil-Free fiber supplement	1 rounded tsp	25	3	2.0	13
Yerba Prima Psyllium husk powder	1 rounded tsp	15	4.5	3.5	4.5
Yerba Prima Psyllium husk caps	4 capsules	8	2.2	1.8	2.2
Konsyl Daily Psyllium Fiber (also available in Organic)	1 teaspoon	20	5	3	5

*Note – Product availability may vary.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 3/2026. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#615.

