



# with **Psyllium** 100% Natural Super Fibre

Psyllium fibre traps and removes digestive waste in GI tract to support heart / cardiovascular health.<sup>1,2</sup>

## A Perfect Daily Stool-Mate to Stay Regular

- 🌿 Sourced from 100% natural psyllium
- 🌿 No chemical stimulants added
- 🌿 **Gluten FREE**
- 🌿 Helps body's natural waste removal<sup>2</sup>
- 🌿 May assist in stabilising blood lipids / cholesterol<sup>\*,2,3</sup>



## Dosage and Administration



**METAMUCIL® 283g**  
**Orange Smooth Powder**  
🌿 **No Added Sugar**

Add 5.9g  
to at least 250ml of liquid  
(approx. 1½ level teaspoons)

**METAMUCIL® 528g**  
**Orange Granular Powder**

Add 11g  
to at least 250ml of liquid  
(approx. 3 level teaspoons)



- 🌿 **First time use of METAMUCIL®:**  
starts with 1 serving per day, and gradually increases to 3 servings per day
- 🌿 **Stirs briskly and drinks promptly**
- 🌿 **Drinks plenty of water throughout the day**

METAMUCIL® gels more rapidly in hot beverages. Avoid hot liquids. Mix it with cold liquids for a better experience.

\* This product is not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat or prevent any disease.



# Not All the Fibres Are the Same

The psyllium fibre in METAMUCIL® is water-soluble, viscous and gel-forming that softens stool without producing flatulence.<sup>2-4</sup>

## High Solubility<sup>2</sup>

Adding **bulk** to chyme

## High Viscosity & Gel Formation<sup>3,4</sup>

Absorbing **water 10 times** to its weight

## Non-Fermentable<sup>2-4</sup>

Maximising the **gelling effect**



Common Fibre Supplements<sup>1,5,6</sup>

	No Water-Holding Capacity			With Water-Holding Capacity			
	Insoluble	Soluble, No / Low Viscosity		Soluble, Viscous, Non-Gelling	Soluble, Viscous, Gel-Forming		
<b>Degree of Fermentation</b>	Poorly fermented	Readily fermented		Non-fermented	Readily fermented		<b>Non-fermented</b>
<b>Fibre</b>	Wheat bran	Wheat dextrin	Inulin	Methylcellulose	Partially hydrolysed guar gum	β-Glucan	<b>METAMUCIL®, Psyllium</b>
<b>Source</b>	Wheat	Heat/acid treated wheat	Chicory root	Chemically treated wood pulp	Guar beans	Oats, Barley	<b>Seed husk, Plantago Ovata</b>
<b>May Assist in Stabilising Blood Cholesterol</b>					+/-*	†	+
<b>Improved Glycaemic Control</b>					+/-*	†	+
<b>Satiety</b>						†	+
<b>Weight Loss</b>							+/-*
<b>Constipation/ Stool Softener</b>	+\$			+/-			+
<b>Diarrhoea/ Stool Normaliser</b>							+
<b>Irritable Bowel Syndrome</b>							+

\* The efficacy depends on the degree of hydrolysis of the guar gum. There are no significant gel-dependent health benefits exhibit when it has little/no viscosity when mixed with water.<sup>5</sup>

† Gel-forming capacity may potentially be reduced during the manufacturing process.<sup>5</sup>

‡ The criteria for "clinically demonstrated" was the publication of at least 2 well-controlled clinical studies. Since only 1 clinical study was assessed, a designation of +/- was deemed most appropriate. <sup>5</sup>

§ Insoluble fibre can have a significant laxative effect if the particle size is sufficiently large/coarse. <sup>5</sup>

|| Methylcellulose has an over-the-counter indication for the treatment of occasional constipation. <sup>5</sup>

GI = gastrointestinal.

**References:**

1. Chutkan R, Fahey G, Wright WL, et al. J Am Acad Nurse Pract. 2012;24476-87. 2. McRorie JW Jr, McKeown NM. Nutrition Today. 2021;56:69-182. 3. Agrawal R. Psyllium: A Source of Dietary Fiber. In Waisundara VY, eds. Dietary Fibers. London, United Kingdom; 2021: p. 1-13. 4. European Medicines Agency. European Medicine Community herbal monograph on Plantago agra L. et Plantago indica L., semen. Available at: [https://www.ema.europa.eu/en/documents/herbal-monograph/final-community-herbal-monograph-plantago-agra-l-et-plantago-indica-l-semen\\_en.pdf](https://www.ema.europa.eu/en/documents/herbal-monograph/final-community-herbal-monograph-plantago-agra-l-et-plantago-indica-l-semen_en.pdf) [Assessed 20 Sep 2022.] 5. McRorie JW Jr. Nutr Today. 2015;50:82-89. 6. McRorie JW Jr, McKeown NM. J Acad Nutr Diet. 2017;117:251-264.



# 美達施

## 膳食纖維補充品

### 源自100%天然洋車前子

### 便秘好幫手



**溶解度高<sup>1</sup>**

幫助增加腸道內消化物的體積

**黏度高  
易凝成啫喱狀<sup>2,3</sup>**

吸收自身重量10倍的水分

**不會在腸道中發酵<sup>1-3</sup>**

啫喱狀凝膠更好發揮作用



# 洋車前子殼纖維 守護你的腸道健康

- ❖ 源自100%天然洋車前子
- ❖ 不含刺激化學物質
- ❖ 不含麩質
- ❖ 幫助身體自然排出消化道廢物<sup>1</sup>
- ❖ 或有助於穩定血脂/膽固醇<sup>\*,1,2</sup>



**METAMUCIL® 美達施**

香橙味**283克**膳食纖維粉  
Orange Smooth Powder

❖ **不含添加糖**

將**5.9克**粉末(大約1½茶匙)  
加入250毫升或以上的液體中攪拌



**METAMUCIL® 美達施**

香橙味**528克**膳食纖維粉  
Orange Granular Powder

將**11克**粉末(大約3茶匙)  
加入250毫升或以上的液體中攪拌

### 使用貼士

- ❖ 建議開始飲用METAMUCIL®時每天服用一次，然後逐漸增加到每天3次
- ❖ 飲用METAMUCIL®當天應增加飲水量
- ❖ 需快速攪拌並立即飲用
- ❖ 使用較冷的液體沖調。METAMUCIL®在溫度高的液體中會快速凝固，因此應避免使用熱的液體沖調

\*此產品沒有根據《藥劑業及毒藥條例》或《中醫藥條例》註冊。為此產品作出的任何聲稱亦沒有為進行該等註冊而接受評核。此產品並不供作診斷、治療或預防任何疾病之用。

參考資料:

1. McFarlane JN, Gibb RD, Sloan KJ, et al. Nutrition Today, 2021;56:169-182. 2. Agrawal R. Psyllium: A Source of Dietary Fiber. In Waisundara VY, eds. Dietary Fibers. London, United Kingdom; 2021;p.1-13. 3. European Medicines Agency. Community herbal monograph on Plantago atris L. et Plantago indica L. semen. Available from: [https://www.ema.europa.eu/en/documents/herbal-monograph/finia-community-herbal-monograph-plantago-atris-plantago-indica-semen\\_en.pdf](https://www.ema.europa.eu/en/documents/herbal-monograph/finia-community-herbal-monograph-plantago-atris-plantago-indica-semen_en.pdf). Accessed 2022 Sep 20. 4. Chutkan R, Fahay G, Wright WL, et al. J Am Acad Nurse Pract. 2012;24:476-487.