

Tasty Metamucil Recipes

to ease Constipation

Metamucil provides delicious recipes to help combat constipation. Each serving provides about four to six grams of fiber. These preparations are only for children aged 12 years and older.



Pineapple-orange smash

A delicious beverage packed with the tangy flavors of the most popular tropical fruits.

Chocolate milkshake

Blend Metamucil with milk and chocolate syrup for a quick shake.



Lemon-berry cooler

The cooling effect of lemon with refreshing strawberry is a blast of taste.



Tropical fruit smoothie

Guilt-free high-fiber smoothie with the goodness of yogurt, banana, and papaya.



Banana-orange frosty

A nutrition-packed drink with banana, frozen milk, and orange juice to help you chill.



Blueberry muffin

Sneak in the goodness of fiber in these baked delicacies.

