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But this supplement can have other effects on your body as well Oct 26 2025 Is Metamucil safe every day? Evidence backed side effects of Metamucil how to start water intake handling gas bloating or constipation Jun 14 2025 From the Guidelines Metamucil psyllium is generally not bad for you and is considered safe for most people when used as directed

This fiber supplement can actually provide several health benefits including improved bowel regularity lower cholesterol levels and better blood sugar control as supported by recent guidelines 1.

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