

# MOMENTS THAT MATTER TO YOU

In this moment of national change and uncertainty, we must come together as brothers and sisters to support each other's mental and physical health. Now is the moment that matters - we have a real opportunity to create change in ourselves and our communities by ensuring that our health pillars bring actionable solutions to the people we serve.

The Metamucil team is working with the Divine 9 to share the life-changing benefits of psyllium fiber with brothers, sisters, and communities across the country. We are also boldly stepping up to be a Force For Good by giving back to the Divine 9 fraternities and sororities whose missions we support.



## TAKE THE **METAMUCIL TWO WEEK CHALLENGE** & **WIN UP TO \$10,000** IN SCHOLARSHIPS FOR YOUR FRATERNITY OR SORORITY!

Metamucil is partnering with Sheryl Underwood to bring you the HBCU/Divine 9 Challenge. We'll help you promote your digestive health\* while donating scholarship funds to the young men and women experiencing the moments that matter to them.

Sheryl Underwood is a hostess on 'The Talk' (CBS), a proud member of Zeta Phi Beta Sorority, Inc., and Metamucil's biggest fan. Sheryl says, "If you care about the outside of your body, then you must care about the inside of your body, too. You can't be of service to others if don't maintain your health." That's why she takes Metamucil every day and is encouraging everyone to join her in the Divine 9/HBCU Challenge. Together with her Pack Rat Foundation for Education, Sheryl is a proud partner of the Divine 9 Challenge!

Participating Divine 9 fraternity and sorority will win a grant at the national level. The local chapter with the most sign-ups for the Metamucil Two-Week Challenge will receive the funding. Chapter members should encourage friends and family to sign up from January 1st - February 14th. Be sure to ask friends and family to support your organization by selecting it from the list on Metamucil.com when they register for the Challenge. Each registrant will receive valuable coupons and tips from Metamucil.

### ABOUT METAMUCIL:

Did you know that feeling sluggish and weighed down could be signs that your digestive system is not working at its best?

Taking Metamucil every day can help! Not only does the psyllium fiber in Metamucil gel to trap and remove the waste that weighs you down\*, it also supports:

**Healthy blood sugar levels\*** | **Heart health by lowering cholesterol\*** | **Appetite Control\***



### DIVINE 9 CHALLENGE:

Sign up today for the Metamucil Two-Week Challenge to experience all the benefits of Metamucil for yourself while helping your fraternity or sorority win scholarship money to give to students in need.

**The winning fraternity and sorority Chapters with the most member sign-ups will each receive a \$10K grant.** The second-place winning chapters will receive each \$5K, 3rd place receives \$3K, and 4th & 5th places will receive \$2K each. Winners will be announced on during the NAACP Image Awards on February 20th!

### SIGN UP AT METAMUCIL.COM!

Please consult your doctor before use.

†Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in Metamucil, may reduce the risk of heart disease by lowering cholesterol. One serving of Metamucil has 2.4 grams of this soluble fiber. One serving of Metamucil capsules has at least 1.8 grams of this soluble fiber.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.