

Supplement Facts

Serving Size: 6 Capsules
Servings Per Container: 26

Amount Per Serving		% DV†
Calories	10	
Total Carbohydrates	3 g	1%
Dietary Fiber	3 g	11%
Soluble Fiber	2 g	**
Protein	less than 1 gram	
Iron	0.4 mg	2%
Potassium	30 mg	<1%

†Percent Daily Value (DV) based on a 2,000 calorie diet.

**Percent Daily Value (DV) not established.

Other Ingredients: Psyllium Husk, Gelatin, Cellulose, Magnesium Stearate.

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



Diets low in saturated fat and cholesterol that include seven (7) grams of soluble fiber per day from psyllium husk, as in Psyllium Fiber, may reduce the risk of heart disease. One serving of Psyllium Fiber provides 2 grams of this soluble fiber.*

Directions: To increase daily fiber intake, take up to six (6) capsules (swallowed one (1) at a time) with a full glass of water. Taking this product without enough liquid may cause choking. See choking warning. Do not take if you have difficulty swallowing. May be taken up to three (3) times daily, or as directed by a doctor.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature. No Salt, Yeast or Preservatives.

21ST Century HealthCare, Inc.

2119 S. Wilson Street, Tempe, AZ 85282 USA

www.21stcenturyvitamins.com



0905

Precautions and Warnings

• **Choking:** Taking this product without adequate fluid may cause it to swell and block your throat or esophagus. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

• **Allergy alert:** This product may cause an allergic reaction in people sensitive to psyllium.

• If you are considering taking this product as part of a cholesterol reducing program consult with your doctor.

• If you are taking a prescription medicine consult with your doctor before taking this or any fiber products.

• With increased fiber intake, you may experience changes in bowel habits and minor bloating.

• If you recently experienced a sudden change in bowel habits, abdominal pain, nausea or vomiting consult with your doctor before taking this product.

• If constipation lasts for more than 7 days or rectal bleeding occurs STOP taking this product and contact your doctor.

†Metamucil® with Psyllium Fiber is a registered trademark of Procter & Gamble, Cincinnati, OH 45202

21ST
CENTURY®



Psyllium Fiber

Compare
Active Ingredients To
Metamucil®
Psyllium Fiber
Supplement

DIETARY FIBER SUPPLEMENT WITH
100% Natural Psyllium Fiber

160 CAPSULES