

Do not accept if seal is broken. Product No. 4620
Store between 59°-86° F. Keep out of the reach of children.

Psyllium seed husks are recommended as a source of soluble and insoluble fiber useful in maintaining regularity and healthy intestinal function***

*** 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.

NO: Yeast, wheat, soy, gluten, milk, salt or artificial color.

Country Life
101 Corporate Drive
Hauppauge, NY 11788
www.countrylifevitamins.com



Lot No:

Best by:



DIGESTIVE AIDS

SUPER FIBER

PSYLLIUM SEED HUSK POWDER

with
Apple Pectin and Dried Prunes
A Natural Fiber Dietary Supplement

Net wt. 8 oz. (226 g)



Directions: Adults take one (1) rounded teaspoon (.18 oz.)(5 g) mixed thoroughly with one (1) cup (8 -10 fl. oz.) (237 mL- 295 mL) of liquid (juice, water, etc.). NOTICE: This food should be eaten with at least a full glass of liquid. Eating this product without enough liquid may cause choking. Do not eat this product if you have difficulty in swallowing. This product is not recommended for long term daily usage. Do not exceed recommended dosage. Take other drugs one hour prior to consumption. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 rounded teaspoon (.18 oz.)(5 g)
Servings Per Container Approx. 45

Amount Per Serving	% Daily Value
Calories 10	
Total Carbohydrate 4 g	<2%*
Dietary Fiber 4 g	16%*
Psyllium Seed Husk Fiber Powder	3.3 g **
Slippery Elm Bark Powder	125 mg **
Apple Pectin Powder	125 mg **
Dried Prune Fruit Powder	125 mg **
Dried Fig Fruit Powder	125 mg **

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Cellulose, maltodextrin, guar gum, glycine, silica.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. Not for use by those with bowel obstruction. If any adverse reactions occur, stop taking the product and consult your doctor. **K**