



Apple-Flavored Psyllium

INTESTINAL HEALTH

- Excellent Source of Soluble Fiber
- Helps Maintain Regularity*
- Pleasant Tasting

Net Wt. 12 oz. (340 g)

A Dietary Supplement



SUGGESTED USAGE: As a dietary supplement, mix vigorously 1 tablespoon into 8-12 oz. of juice or water, 1 to 3 times daily as needed. Drink additional fluids throughout the day. Consider taking this product in combination with NOW® Gr8-Dophilus™, Triphala and Detox Support™.

Surveys have shown that the fiber content of the American diet is typically about half of government recommended levels. Apple-Flavored Psyllium Husk Powder can be a convenient and tasty way to increase the intake of dietary fiber. It has the ability to swell up to 50 times its initial volume when added to liquid. This bulking action can play an important role in maintaining regularity and gastrointestinal health.*

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

Made in the U.S.A. www.nowfoods.com



CODE 5920 V2

Supplement Facts

Serving Size 1 TBSP (10 g)

Servings Per Container 34

	Amount Per Serving	% Daily Value
Calories	36	
Sodium	10 mg	< 1%
Total Carbohydrate	9 g	3%*
Dietary Fiber	7 g	28%
Sugars	1.5 g	†
Apple-Flavored Psyllium	10 g	†

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

† Daily Values not established.

Ingredients: Psyllium Husk Powder (*Plantago asiatica*), Apple Fiber, Fructose and Natural Apple Flavor.

Contains no salt, starch, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives.

Caution: Take this product as recommended. Without drinking enough liquid the product may swell in the throat, causing blockage or choking. Avoid use if you have ever had esophageal narrowing or swallowing difficulties.

This product is sold by weight not volume.