

CODE 5922

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Warning: Take this product as recommended. Without drinking enough liquid the product may swell in the throat, causing blockage or choking. Avoid use if swallowing difficulties occur.

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

maintaining healthy gastrointestinal function.*

Psyllium is a true dietary fiber, even though it is classified by some as a laxative or mucilaginous fiber, and is a convenient way to increase intake of dietary fiber because of its high mucilage content. This bulking agent swells considerably when added to liquid, which can help to support healthy gastrointestinal transit time. This bulking action and healthy transit time can play an important role in

Soluble fiber from foods such as Psyllium Husk, as a part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of NOW® Psyllium Husk Fiber supplies 2 grams of the 7 grams of soluble fiber from psyllium husk necessary per day to have this effect.

Now Foods, Inc. • 2315 Central Expressway • Fremont, CA 94538 • (925) 496-9333

SUGGESTED USAGE: As a dietary supplement, mix 1 heaping teaspoon daily into at least 12 oz. of water or juice and consume immediately. Be sure to drink plenty of additional fluids throughout the day. Start with smaller amounts and gradually increase over several weeks. Consider taking this product in combination with NOW® Gr8-Dophilus™, Triphala and Detox Support™.

Orange-Flavored Psyllium Husk Fiber

INTESTINAL HEALTH

- Excellent Source of Soluble Fiber
- Supports Cardiovascular Health
- Helps Maintain Regularity*

Net Wt. 12 oz. (340 g)

A Dietary Supplement

Vegetarian Product



Supplement Facts

Serving Size 1 Heaping Teaspoon (5.8 g)
Servings Per Container 58

	Amount Per Serving	% Daily Value
Calories ††	20	
Total Carbohydrate	5 g	2%*
Dietary Fiber	3 g	12%*
Insoluble Fiber	0.45 g	†
Soluble Fiber	2 g	†
Psyllium Husks (<i>Plantago ovata</i>)	3.4 g (3,400 mg)	†
<i>Stevia rebaudiana</i> (Leaf) Extracts	110 mg	†

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

† Daily Value not established.

Other ingredients: Rice Maltodextrin, Natural Orange Flavor, Beta-Carotene, Citric Acid and Beet Powder.

Manufactured by NOW FOODS, 395 S. Glen Elyn Rd.
Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com

†† Fiber is not digested, thus has no caloric effect.

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

This product is sold by weight not volume.

Store in a cool, dry place. Please Recycle.

Vegetarian/Vegan Product.