

CODE 5968



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

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

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

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 maintaining healthy gastrointestinal function.*

Detox Support™.

SUGGESTED USAGE: As a dietary supplement, vigorously mix 1-2 level tablespoons 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



- Excellent Source of Soluble Fiber
 - Helps Maintain Regularity*
- Net Wt. 12 oz. (340 g)**

A Dietary Supplement Vegetarian Product

INTESTINAL HEALTH

100% Certified Organic

Whole Psyllium Husks



Supplement Facts

Serving Size 2 Level Tablespoons (10 g)
Servings Per Container 34

	Amount Per Serving	% Daily Value
Calories ††	35	
Total Carbohydrate	8 g	3%*
Dietary Fiber	7 g	28%*
Soluble Fiber	6 g	†
Insoluble Fiber	1 g	†
Organic Psyllium Husks (<i>Plantago ovata</i>) (Seed)	10 g (10,000 mg)	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: None.

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

Certified Organic by Quality Assurance International.

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100% Pure. Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Store in a cool, dry place. Please Recycle.

This product is sold by weight not volume.