

ACTUAL SIZE



CODE 5970 V2

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.

Surveys have shown that the fiber content of the American diet is typically about half of government recommended levels. Psyllium Husks can be a convenient 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.*

SUGGESTED USAGE: As a dietary supplement, take 3 capsules with an 8 oz. glass of liquid, twice a day. Consider taking this product in combination with NOW® Gr8-Dophilus™, Triphala and Detox Support™.

Psyllium Husk Caps

INTESTINAL HEALTH

500 mg

- Excellent Source of Soluble Fiber
- Helps Maintain Regularity*

200 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 3 Capsules Servings Per Container 66

	Amount Per Serving	% Daily Value
Calories	6	
Total Carbohydrate	1.3 g	< 1%*
Dietary Fiber ††	1.1 g	4%*
Psyllium Husk Powder (<i>Plantago asiatica</i>) (Seed)	1.5 g (1,500 mg)	†

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

† Daily Value not established.

Other ingredients: Gelatin (capsule) and Magnesium Stearate (vegetable source).

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 no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives. Store in a cool, dry place. Please Recycle.

Psyllium is a natural plant fiber imported from India.

Do Not Eat Freshness Packet. Keep in Bottle.