



Psyllium Husk Powder

INTESTINAL HEALTH*

100% Pure Bulk Fiber

Net Wt. 12 oz. (340g)

A Dietary Supplement



SUGGESTED USAGE: As a dietary supplement, mix 1 level tablespoon into at least 12 oz. of water or juice and consume immediately. Be sure to drink plenty of additional fluids throughout the day.

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.

Distributed by NOW FOODS, BLOOMINGDALE, IL 60108
www.nowfoods.com



CODE 5975 V1

Supplement Facts

Serving Size 1 level TBSP (9g)
Servings per Container 37

	Amount Per Serving	%Daily Value
Calories††	34	
Total Carbohydrates	8g	3%*
Dietary Fiber	6.7g	27%*
Calcium	27 mg	3%
Iron	162 mcg	<1%
Psyllium Husks (<i>Plantago asiatica</i>) (seed)	9g	†

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

†Daily Values not established.

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

Other ingredients: None.

*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 Husk Powder 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.*