

PSYLLIUM HUSK POWDER

NET WT. 24 oz. (680 g)

A Dietary Supplement

Supplement Facts

Serving Size 1 Level Tablespoon (9 g)
Servings Per Container 75

Amount Per Serving	% Daily Value
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Calories** 30	
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Total Carbohydrate 8g	3%*
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Dietary Fiber 7g	28%*
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Soluble Fiber 6g	+
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Insoluble Fiber 1g	+
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Psyllium Husk Powder 9g (Plantago ovata) (Seed)	+
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* 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 Ellyn Rd.
Bloomington, IL 60108
www.nowfoods.com

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

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

Store in a cool, dry place.

This product is sold by weight not volume.

QUALITY APPROVED

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9/24/09

SUGGESTED USAGE: As a dietary supplement, vigorously mix 1 level tablespoon 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.

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.*

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

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.



CODE 5978

Best by 9/23/09
Lot No.