



CODE 5982 V1

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Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

This product is sold by weight not volume.

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 have 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.

† Daily Value not established.

Psyllium is a small herbaceous annual plant native to Southern Asia and Europe. It is a convenient way to increase your intake of dietary fiber. Surveys have shown that the fiber content of the American diet is typically about half of the government recommended levels. Psyllium is a bulking agent with a high mucilage content which swells considerably when added to liquid. This bulking action can play an important role in maintaining healthy gastrointestinal functions.*

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

Psyllium is a small herbaceous annual plant native to Southern Asia and Europe.

Excellent Source of Dietary Fiber

Net Wt. 24 oz. (680 g)
A Dietary Supplement

INTESTINAL HEALTH*



Whole Psyllium Husks



Supplement Facts

Serving Size 2 Level Tablespoons (10g)

Servings per container 68

	Amount Per Serving	%Daily Value
Calories††	38	
Total Carbohydrate	9 g	3%*
Dietary Fiber	7.4 g	30%*
Calcium	30 mg	3%
Iron	180 mcg	1%
Psyllium Husks (Plantago asiatica)(seed)	10 g (10,000 mg)	†

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

† Daily Value not established.

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

Other ingredients: None.

Do Not Eat Freshness Packet. Keep in Bottle.