

Manufactured for CHK Nutrition
2800 E. Calvary Rd
Duluth, MN 55803

Suggested Use: Mix 2 tablespoons with at least 8-8 oz. of water or juice. Consume immediately. Taking this product without enough liquid may cause choking.

Note: If you have any health conditions or are taking any medications, consult your health care practitioner before using this product.

Keep out of reach of children.

Store in a cool, dry place.

Diets low in saturated fat and cholesterol that include at least 1.7 grams of soluble fiber from psyllium per day may reduce the risk of heart disease. One serving of our organic psyllium provides 8 grams of this soluble fiber.

†These Statements have not been evaluated by the Food & Drug Administration. This Product is not intended to treat, cure, or prevent any disease.

Manufactured in a cGMP certified facility.

Made in USA from domestic and foreign materials 



New Day. Fresh Start. Better Health.

Fiber

• 8 Grams of Soluble Fiber per Serving

• Supports a healthy heart[†]

• Promotes colon health[†]

Dietary Supplement

Vegetarian Formula

Net Wt. 11.85oz. (336g)

Supplement Facts

Serving Size: 2 Tablespoons (12g)

Servings Per Container: 28

Typical Amount Per Serving	% Daily Value	
Calories	40	
Total Carbohydrate	10g	3% **
Dietary Fiber	10g	40% **
Soluble Fiber	8g	
Insoluble Fiber	2g	
Sodium (from organic psyllium husk)	15mg	<1%
Organic Psyllium Whole Husk (Plantago ovata)	12g	*

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

* Daily Value not established

NOTICE: Taking this product without adequate fluid may cause choking. Do not take this product if you have difficulty in swallowing.