



SWANSON[®]
PREMIUM BRAND
bringing wellness to the world since 1969

Fine Milled Psyllium Husk

Dietary Supplement

Net Wt 12 oz (340 g)



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, mix two level scoops (5 g) with juice, water or milk one to three times per day. Begin with one serving per day, gradually increasing to three servings. Scoop included.

NOTICE: This product should be taken with at least 8 ounces of liquid. Consuming this product without enough liquid may cause choking. Do not take this product if you have difficulty in swallowing.

Soluble fiber from foods such as psyllium husks, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Swanson[®] Fine Milled Psyllium Husk supplies 4 g of the soluble fiber necessary per day to have this effect.

Supplement Facts

Serving Size 2 Level Scoops (5 g)
Servings Per Container 68

Amount Per Serving	% Daily Value	
Calories	15	
Total Carbohydrate	4 g	1%
Dietary Fiber	4 g	14%
Soluble Fiber	4 g	*
Psyllium Seed Husk	5 g	*

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

*Daily Value not established.

PRODUCT OF INDIA

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Fargo, ND 58104 USA

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