



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Psyllium Husks

Dietary Supplement

300 capsules • 610 mg



• 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, take one capsule three times per day with a full 8-ounce glass of water.

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

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving
Psyllium Seed Husk
*Daily Value not established.

Psyllium Seed Husk 610 mg*

*Daily Value not established.

Other ingredients: Rice flour, gelatin.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148

or visit our website at www.swansonvitamins.com



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