



Swanson

U L T R A[®]

The Most Advanced Nutrition Technology

VEG CAPS

Made with Certified Organic
**Psyllium
Husk**

Dietary Supplement

60 VEGGIE CAPSULES • 625 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 veggie capsule one to three times per day with 8 ounces of water.

WARNING: 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.

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving

Certified Organic Psyllium Husk Powder (Plantago ovata)	625 mg*
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*Daily Value not established.

Other ingredients: Pullulan (vegetable capsule), organic rice concentrate, organic rice extract.

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



Certified Organic by Minnesota Crop Improvement Association (MCIA), St. Paul, MN 55108.



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