

Swanson®
Certified
Organic

Certified Organic
Psyllium Husk
Powder



Fine Milled
Dietary Supplement

Net Wt 12 oz (340 g)



Supplement Facts

Serving Size 1 Level Scoop (5 g)

Servings Per Container 68

Amount Per Serving		% Daily Value
Calories	20	
Total Carbohydrate	4 g	1%†
Dietary Fiber	4 g	14%†
Certified Organic Psyllium Husk Powder	5 g	*

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

*Daily Value not established.

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PRODUCT OF INDIA
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.

SUGGESTED USE: As a dietary supplement, mix one level scoop (5 g) with juice, water or milk per day. Scoop included.

NOTICE: 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.

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