

GNC

For More Information:

1-888-462-2548

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Distributed by:

General Nutrition Corporation

Pittsburgh, PA 15222

ACTUAL SIZE

**PSYLLIUM
SEED HUSK**

dietary supplement

500 mg**90 Capsules****Provides dietary fiber for
digestive health***

CODE 024011

FNG

Directions: As a dietary supplement, take two capsules with at least 8 fl. oz. of water or other fluid three times daily. Taking this product without enough liquid may cause choking. See warning.

Supplement Facts

Serving Size Two Capsules

Servings Per Container 45

Amount Per Serving	% Daily Value	
Total Carbohydrate	<1 g	<1%†
Dietary Fiber	<1 g	3%†
Psyllium Seed Husk Powder (<i>Plantago ovata</i>)	1,000 mg	*

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

* Daily Value not established.

Other Ingredients: Gelatin, Oat Bran Powder (*Avena sativa*), Corn Bran Powder (*Zea mays*), Pea Fiber Powder (*Pisum sativum*).

WARNING: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

No Sugar, No Starch, No Artificial Colors, No Artificial Flavors, No Wheat, No Soy, No Dairy, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Lot No./Best By: