



psyllium husks

specialty
100 capsules
dietary supplement

digestive health[▼]
regularity[▼]

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Psyllium (<i>Plantago ovata</i>) (husk)	720 mg	*

* Daily Value not established.

Other Ingredients: Gelatin, rice flour,
silicon dioxide, magnesium stearate.

Does not contain: Gluten, Salt,
Artificial Flavors.

▼ These statements have not been evaluated by the Food
and Drug Administration. This product is not intended
to diagnose, treat, cure or prevent any disease.

DIRECTIONS: Take one (1) capsule up to
twice daily with at least 8 oz. of water per
capsule. Taking this product without enough
liquid may cause choking. **See warning.**

WARNING: Psyllium Husks should be taken
with at least a full glass of liquid. Taking
Psyllium Husks without a full glass of liquid
may cause choking. Do not use this product if
you have difficulty swallowing.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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