

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy. *Your health & safety are our first priority!*



No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

*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.

**Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from Psyllium may reduce the risk of heart disease through the intermediate link of blood total- and LDL-cholesterol. One serving of Psyllium Husk Seed provides 4 grams of this soluble fiber.

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TO REORDER PROD. # **10992**
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
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INSPIRED BY NATURE

Psyllium Husk

SEED



May Reduce the Risk of Heart Disease**

Bulk Forming Soluble Fiber
Mixes Instantly
Regularity & Colon Health*

VEGETARIAN DIETARY FIBER SUPPLEMENT

Net Wt. 8 oz. (226 g)

DIRECTIONS: For adults, mix 1 1/2 tablespoons (7 g) with 8 ounces of water or your favorite beverage. Stir and drink at once. Follow with an additional glass of liquid. Take three (3) times daily, 30-60 minutes before meals.

Supplement Facts

Serving Size 1.5 Tablespoons (7 g)
Servings Per Container about 32

Amount Per Serving	%Daily Value
Calories	25
Total Carbohydrate	6 g 2%
Dietary Fiber	5 g 21%***
Soluble Fiber	4 g ***
Iron	1 mg 6%
Sodium	10 mg <1%
Psyllium Husk (<i>Plantago ovata</i>) (seed husk)	7,000 mg (7 g) ****

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

****Daily Value not established.

NOTICE: Take this product with at least 8 ounces of water or other fluid. Taking this product without adequate fluid 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. Do not take before bedtime. Fiber products can affect the absorption of many medications. Do not take this product within 2 hours of taking medications.

Psyllium Husk Seed from Vitamin World is an excellent source of bulk-producing fiber. Fiber can help promote regularity and promote colon health.* Psyllium Husk Seed mixes instantly and has a great tasting natural flavor. It is so gentle that it can be used every day.