



SWANSON[®]
PREMIUM BRAND
bringing wellness to the world since 1969

Psyllium Husks

Dietary Supplement



100 capsules • 610 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 capsule three times per day with a full 8-ounce glass 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 swallowing.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Psyllium Seed Husk

610 mg*

*Daily Value not established.

Other ingredients: Rice flour, gelatin.

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



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7