

Contains No Added sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

**Suggested Use:** As a dietary supplement, adults take one (1) capsule with eight (8) oz. of water, four (4) to eight (8) times daily, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

See warning statement on opposite panel.

*Keep out of reach of children.*

**QUALITY AND POTENCY GUARANTEED**

Formulated for:  
**Martin Avenue Pharmacy, Inc.**  
"We Make It Better..."  
Naperville, IL 60540  
(630) 355-6400

#10127



# Psyllium Fiber

## 500 mg

**Dietary Supplement**

**200 Capsules**

**[www.MartinAvenue.com](http://www.MartinAvenue.com)**

### Supplement Facts

Serving Size: 1 Capsule

|                                          | Amount Per Serving | % DV |
|------------------------------------------|--------------------|------|
| Psyllium husk powder<br>(Plantago ovata) | 500 mg.            | *    |

\* Daily Value Not Established

Other Ingredients: Gelatin (capsules), (May contain one or more of the following; rice powder, vegetable stearin, magnesium stearate and silica).

Psyllium husks are a natural bulk laxative that promote the evacuation of the bowel by increasing fiber in the diet.

**NOTICE:** This product contains psyllium husks. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because psyllium husks may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.