

Surveys have shown that the fiber content of the American diet is typically about half of government recommended levels. Psyllium husks can be a convenient way to increase the intake of dietary fiber. It has the ability to swell up to 50 times its initial volume when added to liquid. This bulking action can play an important role in maintaining regularity and gastrointestinal health.**

Warning: Caution, inedible freshness packet enclosed.

Produced and Distributed By:
California Academy of Health, Inc.
Web: www.caoh.com
Email: info@caoh.com
Phone: 800-643-7188



Psyllium Husk 1500TM with Apple Pectin



180 - 750 mg Capsules
Dietary Supplement
Made in the U.S.A.

Supplement Facts#

Serving Size: 2 Capsules	Servings Per Bottle: 90	
	Amount Per Serving	% Daily
Value		
Calories	5	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	**
Polyunsaturated Fat	0 g	**
Monounsaturated Fat	0 g	**
Carbohydrate	1.2 g	<1 %
Dietary Fiber	1.0 g	<4 %
Psyllium Husk Powder (Plantago asiatica) (seed)	1400 mg	**
Apple Pectin	100 mg	**

Other Ingredients: Gelatin (capsule), Magnesium Stearate, Stearic Acid and Silica.

** Percent Daily Value Not Established.

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.

Suggested Use: As a dietary supplement, take 2 capsules daily or as directed.

Free Of: sugar, salt, yeast, wheat, gluten, corn, milk,



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