

**swanson.com**  
or call 1-800-437-4148

- Rich source of soluble fiber
- Assists with occasional constipation
- Promotes bowel regularity for gastrointestinal health
- Maintains healthy cholesterol levels

Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take one capsule three times per day with a full 8-ounce glass of water.

**WARNING:** For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication, especially blood-thinning medication, or have a medical condition. 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. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



# Psyllium Husks

Digestive Health

610 mg per capsules

DIETARY SUPPLEMENT | 300 CAPSULES

## 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 • 1-800-437-4148

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