



Psyllium/Sat Isabgol husk

Source of both soluble and insoluble dietary fiber*

Promotes regular elimination*

Helps maintain healthy blood sugar and cholesterol levels already within the normal range*

Psyllium/Sat Isabgol is a natural source of both soluble and insoluble fiber. The soluble fiber in psyllium becomes a mucilaginous substance when mixed with water that cleanses the GI tract of undigested food, fat, sugars, and natural toxins. The insoluble fiber in psyllium works as a bulking agent that helps provide a constant volume of solid material in the intestines irrespective of other aspects of the diet or condition of the gut.*

Suggested Use: 1 to 2 teaspoons with at least 8 oz of water or milk, stir and drink immediately. Or take as directed by your health practitioner. (Please note: Consuming psyllium without enough liquid may cause choking. Do not use if you have difficulty swallowing.)

If you are pregnant, nursing, taking medications, or have a medical condition, please consult with your health care practitioner prior to the use of this product.

*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.

Supplement Facts

Serv Size: 2 tsps

Servings: 57

Amount Per Serving

Indian Plantain husk	2 tsps**
(Psyllium/Sat Isabgol), <i>Plantago ovata</i> †	

†Certified Organic

**Daily Value Not Established

Lot No. XXXXXX

Banyan Botanicals
Albuquerque, NM 87113 USA
banyanbotanicals.com | 1-800-953-6424
Certified Organic by New Mexico
Department of Agriculture



6 18192 07692 7