- 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 level scoop (15 g) daily, followed with at least eight ounces of water. Scoop included.

NOTICE: This product should be taken with at least eight 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 Scoop (15 g)
Servings Per Container 25

	Amount Per Serving	% Daily Value
Calories	70	
Total Fat	2 g	3%
Total Carbohydrate	9 g	3%
Dietary Fiber	6 g	24%
Protein	1 g	
Psyllium Husks (Plantago ovata)	5 g	*
Rice Fiber	1 g	*
Rice Bran	9 g	*

Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.

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