



Sugar Free



DAILY FIBER SUPPLEMENT
100% NATURAL PSYLLIUM HUSK

PROMOTES DIGESTIVE HEALTH
AND REGULARITY[‡]

COMPARE TO ACTIVE INGREDIENT
IN METAMUCIL[®]+

NET WT 10 OZ (283 g)

Fill controlled by weight, not volume

52 TEASPOON DOSES

[‡]This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 1 rounded teaspoon (5.4 g)

Servings per container About 52

Amount per serving		% DV*
Calories	20	
Total Carbohydrate	5 g	2%
Dietary Fiber	3 g	11%
Soluble Fiber	2 g	**
Sugars	0 g	**
Iron	0.7 mg	4%
Sodium	5 mg	<1%
Potassium	35 mg	<1%

*Percent Daily Value (% DV) is based on a 2,000 calorie diet.

**Daily Value (DV) not established.

INGREDIENTS: Psyllium Husk, Maltodextrin, Citric Acid and Magnesium Sulfate.

Directions: Put powder into an empty glass and mix with 8 oz of water or other cool liquid. Stir briskly and drink promptly.

Adults 12 years & older: 1 rounded TEASPOON in 8 oz of liquid 1 to 3 times daily.

Children under 12 years: Ask a doctor.

NOTICE: Mix this product with at least 8 oz (a full glass) of liquid. Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing.

Allergy alert: This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium.

New Users: Start with 1 serving per day; gradually increase to desired daily intake. You may initially experience changes in bowel habits or minor bloating, as your body adjusts to increased fiber intake.

Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.

Contact your doctor BEFORE USING this dietary supplement if you have recently experienced a sudden change in bowel habits persisting for 2 weeks, abdominal pain, nausea, or vomiting. STOP USING this dietary supplement and ask a doctor if constipation lasts more than 7 days or rectal bleeding occurs. These may be signs of a serious condition.

Important Information:

- store at room temperature
- keep out of reach of children

⚠ WARNING This product can expose you to Lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov

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**TAMPER EVIDENT: DO NOT
USE IF IMPRINTED INNER FOIL
SEAL IS BROKEN OR MISSING.**



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