

SUGGESTED USAGE: Vigorously mix 1-2 level tablespoons daily into at least 12 oz. of water or juice and consume immediately. Be sure to drink plenty of additional fluids throughout the day. Start with smaller amounts and gradually increase over several weeks.

KEEP OUT OF REACH OF CHILDREN.

CAUTION: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition.

NOTICE: This product should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not take this product if you have difficulty in swallowing. Natural color variation may occur in this product. This product is sold by weight not volume.

Formula #2016 / 105980



PUF1135

Live life pure.™

**PURE
FORMULAS™**

Whole Psyllium Husks

VEGETARIAN/VEGAN



NON-GMO

NET WT. 12 OZ. (340 G)

Probiotics/Enzymes/Digestive

Nutrition Facts

Serving Size 2 Level Tablespoons (approx. 10 g)
Servings Per Container about 34

Amount Per Serving

Calories 35 ††

% Daily Value*

Total Fat 0 g 0%

Sodium 10 mg < 1%

Total Carbohydrate 8 g 3%

Dietary Fiber 7 g 28%

Soluble Fiber 6 g

Insoluble Fiber 1 g

Protein 0 g 0%

Calcium 2% Iron 10%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, sugars, vitamin A or vitamin C.

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredient: Psyllium Husks (Husk/Seed).

††Fiber is not digested, thus has no caloric effect.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Manufactured for:

PureFormulas

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