RECOMMENDATION

Mix two teaspoons in a full glass (at least 8 ounces) of water or juice once daily.

Do not take this product if you have difficulty swallowing. May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

*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.

This container was sealed for your protection. Do not use if inner seal is missing or damaged. Nature's Sunshine uses natural source materials that are subject to color variation.

Product of U.S.A.





PSYLLIUM HULLS COMBO

Dietary Supplement

NET WT. 11 oz (320 grams)

Stock No. 1376 NATURE'S SUNSHINE PRODUCTS, INC.

Spanish Fork, Utah 84660 1-800-223-8225 www.naturessunshine.com

Supplement Facts

Serving Size 2 teaspoons (7 g) Servings Per Container 45

Amount Per 7 g	% Daily Value
Calories 25	
Total Carbohydrate 6 g	2%**
Dietary Fiber 5 g	18%**

Proprietary Blend 7 g

Psyllium Hulls (*Plantago ovata*), Hibiscus Flowers (*Hibiscus sabdariffa*), Licorice Root (*Glycyrrhiza glabra*)

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

GUARANTEED PURE



