

Supplement Facts

Serving Size 5 Capsules
Servings Per Container 32

Amount Per Serving	% Daily Value	
Calories	10	
Total Carbohydrate	2 g	1% [†]
Dietary Fiber	2 g	7% [†]
Soluble Fiber	2 g	**
Iron	0.4 mg	2%
Potassium	25 mg	<1%

[†] Percent Daily Value (DV) based on a 2,000 calorie diet
^{**} Daily Value not established.

Other Ingredients: Psyllium Husk, Gelatin.
Contains <2% of: Magnesium Stearate.

ACTUAL SIZE

Proudly Manufactured by
21ST Century HealthCare, Inc.
2119 S. Wilson St., Tempe, AZ 85282 USA
21stcenturyvitamins.com
500806-0718N



Fiber is an essential part of a good diet and helps support many functions within the body.* One serving of Psyllium Fiber provides two (2) grams of soluble fiber.

Directions: To increase daily fiber intake, take up to five (5) capsules, swallowed one (1) at a time, with 8 fl oz of water. Taking this product without enough liquid may cause choking. See choking warning. Do not take if you have difficulty swallowing. May be taken up to four (4) times daily or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Salt, Yeast or Preservatives.

WARNING: ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING IN CHILDREN UNDER 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.

Precautions and Warnings

• **Choking:** Taking this product without adequate fluid may cause it to swell and block your throat or esophagus. If you experience chest pain, nausea or vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

• **Allergy Alert:** This product may cause an allergic reaction in people sensitive to psyllium.

• If you are considering taking this product as part of a cholesterol reducing program, consult with your doctor.

• If you are taking a prescription medicine, consult with your doctor before taking this or any fiber products.

• With increased fiber intake, you may experience changes in bowel habits and minor bloating.

• If you recently experienced a sudden change in bowel habits, abdominal pain, nausea or vomiting consult with your doctor before taking this product.

• If constipation lasts for more than 7 days or rectal bleeding occurs, STOP taking this product and contact your doctor.

*Metamucil® is a registered trademark of Procter & Gamble, Cincinnati, OH 45202

21ST
CENTURY.

gluten
free

Psyllium
Fiber

100% Natural Psyllium Fiber



Compare vs.
Metamucil®†
Psyllium Fiber Supplement

160 CAPSULES
DIETARY FIBER SUPPLEMENT

*** 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.**