

Not for sale in California



# Hi-Fiber

## All Natural Psyllium Powder

DIETARY SUPPLEMENT

### Promotes Regularity, a Clean Colon, and Healthy Heart\*

Net Wt. 10 oz (0.63 lb) (283 g)

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Supplement Facts

Serving Size 1 Teaspoon (3g)  
Servings Per Container 94

	Amount Per Serving	% DV
Calories	10	
Total Carbohydrate	3 g	1%**
Dietary Fiber	3 g	12%
Soluble Fiber	2 g	†
Psyllium Husk Powder (seed)	3 g	†

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

**Directions:** Mix one teaspoon into a full 8 ounce glass of water or liquid & drink immediately. OR sprinkle one teaspoon onto food and follow with a full 8 ounce glass of liquid. Take one teaspoon one to two times daily.

**Warning:** Do not use when acute abdominal pain, nausea or vomiting are present. Consult a health professional before using this product if you are pregnant or nursing a baby. May cause an allergic reaction in those individuals sensitive to psyllium.

**NOTICE:** Must be taken with at least one full 8 oz. glass of liquid or psyllium may swell in the throat and cause choking. Do not use if you have difficulty with swallowing.

Keep container tightly closed and out of the reach of children. Store away from heat and moisture.

### POTENCY & QUALITY GUARANTEED

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc.  
Arlington Hts., IL 60004 • 888-234-5656 • 847-255-1600  
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### Promotes Regularity\*

The finely ground psyllium husks in Hi-Fiber promote regularity by retaining moisture and adding bulk to waste material in the colon.\* Hi-Fiber helps ease elimination and cleanse the colon naturally and effectively without the use of chemical stimulants.

### Promotes Heart Health\*

Fiber is an important part of a well-balanced diet. Diets low in saturated fat and cholesterol that include seven grams of soluble fiber per day from psyllium husks may reduce the risk of heart disease. One serving of Carlson Hi-Fiber provides 2 grams of soluble fiber.

- ✓ Milk/Casein-free
- ✓ Preservative-free
- ✓ Soy-free

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