

AIDS INTESTINAL HEALTH*



Carlson

HI•FIBER

COLON CLEANSER*
PROMOTES REGULARITY*
FIBER SUPPLEMENT

Net Wt. 18 oz (510 g)

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

8533 - 2a

PURE
PSYLLIUM
PRESERVATIVE-FREE
STARCH-FREE
WHEAT-FREE
YEAST-FREE
CUBES-FREE
MILK-FREE
SALT-FREE
SUGAR-FREE
VEGETARIAN



Colon Cleanser*

HI•FIBER aids good intestinal health. Prolonged strain can result in damage to the colon wall. HI•FIBER softens the feces, reducing the pressure necessary for effective bowel evacuation. As regularity is improved, waste material is eliminated quickly from the intestinal tract, cleansing the colon naturally and effectively.

Promotes Regularity*

The *finely ground* psyllium husks retain moisture while also adding bulk to waste material in the colon. HI•FIBER'S lubricating action gently promotes regularity without chemical stimulants.

Adds Fiber to Diet

Fiber is recognized as an important element in a well-balanced diet. HI•FIBER is 100% psyllium seed husks (psyllium hydrophilic mucilloid), with no sweeteners, preservatives, artificial colors or flavors added.

Supplement Facts

Serving Size 1 Teaspoonful (3g)
Servings Per Container 170

	Amount Per Serving	% DV
Calories	10	
Total Carbohydrate	3 g	1% ☆
Dietary Fiber	2 g	8% ☆
Psyllium Husk Powder (<i>Plantago ovata</i>)(seed)	3 g	†

☆ Percent Daily Values are based on a 2000 calorie diet.

† Daily Value (DV) not established.

Directions: Mix one teaspoonful into a full 8 ounce glass of water or liquid & drink immediately. OR sprinkle one teaspoonful onto food and follow with a full 8 ounce glass of liquid. Take one teaspoonful 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.

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.

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Distributed by Carlson Division of J.R. Carlson Laboratories, Inc.

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• An F.D.A. Regulated Facility •

POTENCY AND QUALITY GUARANTEED

DO NOT ACCEPT IF CLEAR BAND AROUND BOTTLE NECK AND CAP IS DAMAGED OR MISSING.