



ALL NATURAL PREMIUM

PSYLLIUM HUSK POWDER

Fantastic Dietary Fiber for Intestinal
Cleansing & Appetite Control*

NET WT. 12 OZ.
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 5 grams • Servings Per Container: 68

Amount Per Serving		DV%
Calories	15	
Total Fat	0	0%
Total Carbohydrate	5 g	< 2%
Dietary Fiber	4.5 g	18%
Soluble Fiber	3.5 g	
Insoluble Fiber	1 g	
Sugars	0 g	
Protein	0 g	
Calcium	10 mg	< 2%
Sodium	4 mg	< 2%
Potassium	45 mg	2%
Psyllium Seed Husks	5 g	**

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

**Daily Values (DV) are not established.

Ingredients: Psyllium Husk Powder.

Directions: As a dietary supplement, adults and children over 12 take one (1) heaping teaspoon three (3) times daily, or as directed by a health care professional. Begin with 1 serving daily. Gradually increase to 3 servings daily. Mix into a minimum 8 oz. glass of water or your favorite beverage and drink immediately. Drink plenty of fluids. If minor gas or bloating occurs reduce servings until your body adjusts.

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

Caution: Pregnant or lactating women should consult a doctor before use. If you are under medical supervision, please consult a doctor before use. Discontinue use and consult a doctor if any adverse reactions occur. Keep out of reach of children. Not intended for use by persons under the age of 18.

NOTICE: Take this product with 8 ounces of fluids. Taking this product without adequate fluid may cause the possibility of choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Do not take before sleeping. Fiber products may affect the absorption of many medications. Do not take this product within 1.5 hours of taking medications.

Laboratory Tested And Manufactured For:

TOTAL NUTRITION, INC. • FARMINGDALE, NY 11735 USA

Prod. No.
9393T

TO REORDER
WWW.TNVITAMINS.COM
1-800-645-4446



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