



PSYLLIUM HUSK WITH ACIDOPHILUS

Fantastic Dietary Fiber

850 MG | DIETARY SUPPLEMENT
250 CAPSULES

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 125

Amount Per Serving	% Daily Value
Psyllium Husk (<i>Plantago ovata</i>) (husk powder)	1700 mg *
Lactobacillus Acidophilus (200B CFU/Gm) (Providing 40 million active cultures at time of manufacture)	0.2 mg *

*Daily Values (DV) are not established.

Other Ingredients: Magnesium Stearate, Gelatin Capsule.

Directions: As a dietary supplement, take two (2) capsules with a minimum of 8 oz. of water once daily, or as directed by a health care professional. Begin gradually, to allow your body to adjust to the increase in fiber intake.

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.

Store in a cool, dry place.

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

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Rev1 9/19