

Suggested Use. Take 5 capsules with an 8 oz. glass of juice or other liquid, twice daily or as directed by a health professional.

► Features natural soluble fiber and supporting herbs; promotes daily regularity and intestinal health**

Tamper Seal: Use only if seal is intact. Consult your health care practitioner if you are nursing/lactating, taking medications or have a medical condition, before taking this or any other product. Store in a cool, dry place. **Keep out of reach of children.**

NOTICE: This supplement should be taken with at least one full glass of liquid. Taking this product without enough liquid may cause chok-

ing. Do not take this product if you have difficulty swallowing.

****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.**

R18-1211 R8.3



Premier Psyllium Fiber

With Supporting Herbs

Promotes Bowel
Regularity**

A DIETARY SUPPLEMENT
180 PLANT-SOURCE CAPSULES

- ✓ PRL's Quality Guarantee
- ✓ NON-GMO
- ✓ Pure Vegan
- ✓ No Added Undesirable Excipients
- ✓ Potency Verified
- ✓ Phytoforensic Tested for Adulterants
- ✓ No Chemical or Radiation Sterilization
- ✓ Pathogen Microbiology Performed
- ✓ Heavy Metal Tested
- ✓ FDA-Monitored cGMP Facility

Supplement Facts

Serving Size 5 Capsules
Servings Per Container 36

Amount Per Serving	% Daily Value†
Calories 10	
Total Carbohydrate 2 g	1%
Dietary Fiber 1 g	4%
The Fiber Expert™	1.5 g *
Organic Psyllium (husk) (<i>Plantago ovata</i>)	
Botanica Cleanse™	590 mg *
Organic Barley Grass (<i>Hordeum vulgare</i>), Organic Fennel (seed) (<i>Foeniculum vulgare</i>), Or- ganic Chinese Rhubarb (root) (<i>Rheum officinale</i>), Organic Marshmallow (root) (<i>Althaea officinalis</i>), Organic Oat Grass (<i>Avena sativa</i>), Organic Kale (leaf), Organic Chlorella (whole; broken cell wall) (<i>Chlorella sorokiniana</i>), Organic Alfalfa (herb) (<i>Medicago sativa</i>), Organic Cilantro (leaf) (<i>Coriandrum sativum</i>), Organic Spinach (leaf) (<i>Spinacia oleracea</i>)	

†Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value Not Established

Other Ingredients: Plant-Source Capsules (cellulose, water)