

SUGGESTED USE The natural, fiber-rich contents of this product are gentle, but highly effective. For best results, start gradually and consume with food and with adequate fluid or as directed by your physician. As with any dietary supplement, this natural product is most effective as part of a healthy, fiber-rich diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.808.7311.**

NOTICE All fiber products should be taken with a full glass of liquid. Consuming any fiber product without adequate fluid may cause choking. Do not use this or any fiber product if you have difficulty swallowing. If you feel abdominal pain or unexpected gastrointestinal discomfort when using this product, discontinue use and consult a physician. Initially, when using this product, evacuations may not occur until the second day, hence you may experience a temporary feeling of fullness. As with any grain product, inhaled or ingested Psyllium Husk may cause allergic reactions in some individuals. If you are taking prescription medicine by mouth, take this product 2 hours before or 2 hours after the prescribed medicine.



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NATURALLY GENTLE PURE PSYLLIUM FIBER

FIBERMUCIL™

NATURAL PSYLLIUM FIBER IN SMALL CAPSULES

**RICH IN WATER-SOLUBLE AND BULK FIBER
PLUS LACTOBACILLUS FRIENDLY FLORA**



360 Easy-to-Swallow Capsules

Andrew Lessman's FIBERMUCIL is all-natural, 100% pure, encapsulated Psyllium Husk powder from the high-fiber Indian plant *Plantago ovata*. It contains no additives of any kind and provides an unparalleled natural source of both water-soluble fiber and bulk fiber. It comes in small, easy-to-swallow capsules and there are no colors or flavors, unlike most fiber beverages. Dietary fiber provides a myriad of health benefits and is generally considered the most overlooked component in the American diet. In fact, the unique properties of the soluble fiber in this product can help to maintain and support healthy blood cholesterol levels already in the normal range. It is well established in the scientific literature that daily consumption of healthy soluble fiber, such as that found in **Fibermucil**, is one of the easiest methods of supporting heart health. Plus, the insoluble (bulk) fiber in this natural product helps to “scour” the digestive tract, removing undigested food, debris and other by-products. Fiber also speeds gastrointestinal (GI) transit time (the time it takes for food to pass through you) and as a result can help remove digestive by-products sooner and most importantly, naturally helps to support the “regularity” we all seek. Scientific studies consistently demonstrate the long-term health benefits of a high-fiber diet and it is well established that adequate fiber intake is vital for maintaining the optimal functioning of the digestive system. Moreover, when taken with meals, fiber can also provide a natural feeling of fullness to support most weight-loss plans. **Fibermucil** also includes *Lactobacillus sporogenes* to help maintain a balance of beneficial flora in your intestines, which supports nutrient absorption and the overall health of the GI tract. **Andrew Lessman's Fibermucil** provides a convenient and easy-to-swallow source of the vital fiber that is so lacking from our diet, yet is so essential for our good health and regularity.

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.

CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts		
Serving Size 2 Capsules		Servings Per Container 180
Amount Per Serving		%DV*
Calories 0		
Total Carbohydrate	1 g	<1%
Dietary Fiber	1.1 g (1,100 mg)	4%
Soluble Fiber	0.9 g (940 mg)	†
Insoluble Fiber	0.2 g (160 mg)	†
Psyllium, powder (husk)	1.3 g	†
Lactobacillus sporogenes	13 Million CFU	†
* Percent Daily Values (%DV) are based on a 2,000 calorie diet.		
† Daily Value not established.		
Other Ingredients: Gelatin capsule.		