

No Sugar, No Starch
No Artificial Colors
No Artificial Flavors
No Wheat, No Soy
No Dairy, Yeast Free



Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222
MADE IN THE USA
For More Information:
1-888-462-2548
Visit us at www.gnc.com

GNC NATURAL BRAND™

Psyllium Seed Husk

Dietary Supplement



Helps to support digestive health.

This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

500 MG / 180 CAPSULES

CODE 024012

BFG

DIRECTIONS: As a dietary supplement, take one capsule with at least 8 fl. oz. of water or other fluid three times daily. Taking this product without enough liquid may cause choking. See warning.

Supplement Facts

Serving Size One Capsule

Amount Per Serving

Psyllium Seed Husk Powder (<i>Plantago ovata</i>)	500 mg*
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* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Oat Bran Powder (*Avena sativa*), Corn Bran Powder (*Zea mays*), Pea Fiber Powder (*Pisum sativum*).

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

WARNING: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause 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.

SIZE

Store in a cool, dry place.

KEEP OUT OF REACH OF CHILDREN