

Recommended Dose: Take 2 teaspoons 2 times daily or as recommended by your health professional. Mix with 8 oz (250 mL) of water or juice. Follow immediately with another 8 oz (250 mL) of water. **Warning:** Do not take within 2 hours of taking medications. Taking this product without adequate fluid may cause choking. If you have difficulty swallowing, do not use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. If you experience chest pain, vomiting or difficulty swallowing after taking this product, seek immediate medical attention. If hypersensitivity occurs, discontinue use. May cause temporary gas or bloating. **Keep out of the reach of children.** Use only if safety seal is intact. Store in a cool, dry place.

[†]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.



Packaged by weight, not volume.
Settling may occur.

Scan to learn about
our quality excellence

v2 **410-454U**
Made in Canada for
Seroyal USA
Pittsburgh, PA 15275
1-888-737-6925
seroyal.com



GENESTRA
BRANDS®

Herbal Bulk

Dietary Supplement

Helps promote regular bowel movements[†]

NET WEIGHT 16 oz (454 g)

Supplement Facts

Serving Size 2 Teaspoons (12 g)

Servings per Container about 37

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	10 g	4% [^]
Dietary Fiber	9 g	32% [^]
Total Sugars	1 g	*
Includes 1 g Added Sugar		2% [^]
Psyllium (<i>Plantago ovata</i>) Hull	3.6 g	*
Oat (<i>Avena sativa</i>) Bran	3.0 g	*
Rice (<i>Oryza sativa</i>) Bran	2.4 g	*
Apple Pectin (from <i>Malus pumila</i> fruit)	600 mg	*
Guar Gum (from <i>Cyamopsis tetragonoloba</i> seed)	600 mg	*

* Daily value (DV) not established

[^] Percent daily values (DV) are based on a 2,000 calorie diet

Other ingredients: Fructose, magnesium trisilicate