NDC 68163-571-72

NuSyllium

Natural Orange Flavor

Organic Fiber

100% Organic Certified Psyllium

PerfectGrind™
Easy Mixing

USDA ORGANIC

NO ARTIFICIAL INGREDIENTS

100% Natural Fiber Supplement
Fiber Laxative for Regularity
Made with 100% Organic Brown Cane Sugar

No Artificial Flavors • No Artificial Colors • GMO-Free • Gluten-Free • Dairy-Free
Peanut-Free • Tree Nut-Free • Preservative-Free • Zero Trans Fat

NET WT 30.5 OZ (864g) • 72 DOSES

Fill controlled by weight, not volume

PAREVE
Patent Pending

Folks are Talking About the Benefits of NuSyllium Organic Natural Fiber!

You can use NuSyllium to feel less hungry between meals*

Maintain healthy blood sugar levels by using NuSyllium as part of your diet*. Talk to your doctor before use if you are taking medication to control your blood sugar levels.

Organic NuSyllium is a great choice for promoting and maintaining digestive health*. You can use NuSyllium for occasional constipation and to help promote and maintain regularity.

Did you know that one dose of NuSyllium contains 2 gm of soluble fiber? You can use it for lowering cholesterol and promoting heart health†. Talk to your doctor who will have good advice for you to use NuSyllium as part of your cholesterol-lowering program.

DIRECTIONS
Adults 12 years and older (up to 3 times daily):
Put 1 rounded TABLESPOON into an empty glass. Mix this product with at least 8oz (a full glass) of water. Stir briskly to mix the fiber into the water fully and drink promptly. Taking without enough water may cause choking. Do not take this product if you have difficulty swallowing. As bulk-forming fibers such as NuSyllium may affect how medicines work, take this product at least 2 hours before or after taking your medicines. You can take NuSyllium at any time of the day.
Children under 12 years: Consult a doctor before use. Stop using Nusyllium and see a doctor if constipation lasts more than a week or if rectal bleeding occurs as these may be signs of a serious condition.

FIRST-TIME USERS
Start with one serving per day and then adjust your dose upward as needed. Adding fiber to your diet may cause changes in your bowel habits or minor bloating. These are normal reactions as your body adjusts to the increase in fiber in your diet.

Follow us on Facebook and Twitter for coupons & special offers.

NO ARTIFICIAL FLAVORS
NO ARTIFICIAL COLORS
GMO-FREE • GLUTEN-FREE
DAIRY-FREE • PEANUT-FREE
TREE NUT-FREE
PRESERVATIVE-FREE
ZERO TRANS FAT

Supplement Facts

Serving Size	1 rounded Tbsp (12 g)
Servings Per Container	About 72

Amount per Serving		**%DV***
Calories	45	
Total Carbohydrate	12 g	4%*
Dietary Fiber	3 g	12%*
Soluble Fiber	2 g	†
Sugars	8 g	†
Iron	0.7 mg	4%
Sodium	5 mg	<1%
Potassium	35 mg	1%

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

Ingredients: Organic Psyllium Husk, Organic Brown Cane Sugar, Organic Vegetable Glycerin, Natural Flavors, Natural Citric Acid

†Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from fiber such as NuSyllium may reduce the risk of heart disease by lowering cholesterol.

ALLERGY ALERT
This product may cause an allergic reaction in people sensitive to inhaled or ingested psyllium.

TAMPER-EVIDENT: DO NOT USE IF PRINTED SEAL UNDER CAP IS TORN OR MISSING

*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.

Questions or comments? 1-866-467-2748

Made in the U.S.A. with domestic and foreign components

Distributed by Lifelab Health LLC
6574 N.State Road #7 361
Coconut Creek, FL 33073

Certified Organic by: ECOCERT® ICO. No animal testing

57172NUSLR

LOT:

EXP:

PEEL HERE FOR DRUG FACTS

Drug Facts

Active ingredient (in each TABLESPOON) ***Purpose***
Psyllium Hydrophilic Mucilloid 3.4 g.....Fiber therapy for regularity

Use for relief of occasional constipation (irregularity)

Warnings
Choking: 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 in swallowing. If you experience chest pain, vomiting or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

Allergy alert: This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium.

Ask a doctor before use if you have
- a sudden change in bowel habits persisting for 2 weeks
- abdominal pain, nausea or vomiting

Stop use and ask a doctor if ■ constipation lasts more than 7 days
■ rectal bleeding occurs
These may be signs of a serious condition.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away at 1-800-222-1222.

Directions Put one dose into an empty glass. Mix this product (child or adult dose) with at least 8 ounces (a full glass) of water or other fluid. Taking this product without enough liquid may cause choking. See choking warning. Stir briskly and drink promptly. If mixture thickens, add more liquid and stir.

Adults 12 years & older: 1 rounded TABLESPOON in 8 oz of liquid at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours.

Children under 12 yrs: Consult a doctor before use

Bulk-forming fibers like psyllium husk may affect how well other medicines work. If you are taking a prescription medicine by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine. As your body adjusts to increase fiber intake, you may experience changes in bowel habits or minor bloating.
New Users: Start with 1 serving per day; gradually increase to desired daily intake. You may initially experience changes in bowel habits or minor bloating, as your body adjusts to increased fiber intake.

Other information
- **each tablespoon** contains: potassium 35 mg; sodium 5 mg
- store at room temperature tightly closed to protect from humidity
- do not use if printed seal under cap is torn or missing
- contains a 100% natural, therapeutic fiber

Inactive ingredients natural citric acid, natural flavors, organic brown cane sugar, organic vegetable glycerin

Questions or comments? **1-866-467-2748**