

NuSyllium™

Natural Fiber Vegan Capsules

Made With Organic GMO Free
Psyllium Husk

- Promotes digestive health**
- Helps maintain healthy blood sugar levels as part of your diet**
- Helps lower cholesterol to promote heart health†

175
Capsules

- ✓ Vegan
- ✓ No Animal Testing
- ✓ No Artificial Flavors
- ✓ No Artificial Colors
- ✓ Preservative-Free
- ✓ Tree Nut-Free
- ✓ Peanut-Free
- ✓ Gluten-Free
- ✓ Dairy-Free
- ✓ Zero Trans Fat

DO NOT USE IF PRINTED SEAL UNDER
CAP IS BROKEN OR MISSING.

Supplement Facts

35 Servings Per Container

Serving Size 5 Capsules

Amount Per Serving

Calories 10

% Daily Value*

Total Carb. 2 g 1%*

Dietary Fiber 2 g 12%*

Soluble fiber 2 g ††

Protein less than 1 g

Iron 0.4 mg 2%

Potassium 25 mg <1%

*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributed to a 2,000 calories a day is used for general nutrition advice.
††Daily Values (DV) not established.

Ingredients: cellulose capsules, psyllium husk

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

Questions? 1-866-467-2748

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Uses

■ **For lowering cholesterol to promote heart health.** Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in this product, may reduce the risk of heart disease by lowering cholesterol. One serving of this product has 1.8 grams of this soluble fiber. ■ **For maintaining healthy blood sugar levels as part of your diet**** ■ **For promoting and maintaining digestive health**.** For occasional constipation and to help promote and maintain regularity.

Warnings

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

Consult your doctor if ■ you are considering use of this product as part of cholesterol-lowering program
■ you are currently using medication to control your blood sugar levels.

Contact your doctor BEFORE USING this dietary supplement if you have recently experienced a sudden change in bowel habits persisting for 2 weeks, abdominal pain, nausea or vomiting.

STOP USING this dietary supplement and ask a doctor if constipation lasts more than 7 days or rectal bleeding occurs. These may be signs of a serious condition.

Directions

Swallow 1 capsule at a time and take in an upright position. Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.

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 adjust to increased fiber intake.

Age	Serving Size
Adults and children 12 yrs and over	5 capsules 4 times daily
For children under 12 yrs	Consult a doctor

Keep out of reach of children. Store at room temperature tightly closed to protect from humidity

This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels

NOTICE: Take this product with at least 8 oz. (a full glass) of liquid. Taking without enough liquid may cause choking. Do not take 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.**