

Supplement Facts

Serving Size 5 Capsules
Servings Per Container 32

Amount Per Serving	% Daily Value	
Calories	10	
Total Carbohydrates	2 g	1%†
Dietary Fiber	2 g	12%†
Soluble Fiber	2 g	**
Protein	<1 g	
Iron	0.4 mg	2%
Potassium	25 mg	<1%

† Percent Daily Value based on 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Psyllium Husk, Gelatin, Magnesium Stearate.

Proudly Manufactured by
21ST Century HealthCare, Inc.
2119 S. Wilson St., Tempe, AZ 85282 USA
21stcenturyvitamins.com 500806-0517



Diets low in saturated fat and cholesterol that include seven (7) grams of soluble fiber per day from psyllium husk, as in Psyllium Fiber, may reduce the risk of heart disease.* One serving of Psyllium Fiber provides (2) grams of soluble fiber.

Directions: To increase daily fiber intake, take up to five (5) capsules, swallowed one (1) at a time, with a full glass of water. Taking this product without enough liquid may cause choking. See choking warning. Do not take if you have difficulty swallowing. May be taken up to three (3) times daily or as directed by a doctor. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No Salt, Yeast or Preservatives. **Gluten Free.**

*Metamucil® is a registered trademark of Procter & Gamble, Cincinnati, OH 45202

Precautions and Warnings

• **Choking:** Taking this product without adequate fluid may cause it to swell and block your throat or esophagus. If you experience chest pain, nausea or vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

• **Allergy Alert:** This product may cause an allergic reaction in people sensitive to psyllium.

• If you are considering taking this product as part of a cholesterol reducing program, consult with your doctor.

• If you are taking a prescription medicine, consult with your doctor before taking this or any fiber products.

• With increased fiber intake, you may experience changes in bowel habits and minor bloating.

• If you recently experienced a sudden change in bowel habits, abdominal pain, nausea or vomiting consult with your doctor before taking this product.

• If constipation lasts for more than 7 days or rectal bleeding occurs, STOP taking this product and contact your doctor.

21ST
CENTURY.

Psyllium Fiber

100% Natural Psyllium Fiber

Heart & Digestive
Health Support*

160 Capsules
DIETARY FIBER SUPPLEMENT

Compare VS.
Metamucil®††
Psyllium Fiber Supplement

* 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.