

INGREDIENTS

**ACTIVE INGREDIENTS:**

Extractives of Certified Organic PSYLLIUM  
(*Plantago Ovata*) dried seed.  
Origin of plant material: India.

**MENSTRUUM:**

Ethyl Alcohol, vegetable glycerin.

DIRECTIONS

SHAKE WELL BEFORE USE. ADULTS TAKE UP TO 30  
DROPS (1 ML, ONE FULL SQUEEZE OF THE DROPPER  
BULB) IN 3-4 FL. OZ OF JUICE OR WATER UP TO  
4 TIMES A DAY.  
WE RECOMMEND TO SEEK EXPERT MEDICAL ADVICE  
BEFORE TAKING THIS OR ANY OTHER HERBAL  
SUPPLEMENTS.

NOTICE

\*THIS PRODUCT HAS NOT BEEN EVALUATED BY  
THE FDA AND IS NOT INTENDED TO DIAGNOSE,  
TREAT, CURE, OR PREVENT ANY DISEASE.

**MANUFACTURED IN THE USA  
IN AN FDA REGISTERED FACILITY**

CAUTION

MAY HAVE CONTRAINDICATIONS.  
DO NOT USE IF YOU ARE ALLERGIC TO ANY  
INGREDIENTS. CONSULT A PHYSICIAN BEFORE  
USING DURING PREGNANCY, IF NURSING, OR IF  
YOU ARE ON ANY MEDICATIONS.  
KEEP OUT OF THE REACH OF CHILDREN.  
STORE IN A COOL, DRY, DARK PLACE.

**SUGAR  
FREE****SUPER CONCENTRATED LIQUID HERBAL EXTRACT** 4 fl.oz (120 ml)**Supplement Facts**

Serving Size: 1 ml;

Servings Per Container: 120

% DV †

**Amount Per Serving**

Psyllium (*Plantago Ovata*)  
dried seed liquid extract.

970 mg ‡

† Percent Daily Values (DV) are based  
on a 2,000 calorie diet.

‡ Daily Value Not Established.

Extraction rate: Dried herb/menstruum: 1/3.  
1 ml is equal to about 330 mg of dried plant  
material.

Alcohol/Glycerin ratio: 10/1.

**NO**

Artificial Ingredients, GMO, GLUTEN, Color  
Additives, Fillers, Presevatives or Binders.



MADE IN USA



REGISTERED FACILITY



GLUTEN FREE

**HerbalTerra.com**

BEST USE BY:

PART #: