

Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in Colon Kleen, may reduce the risk of heart disease by lowering cholesterol. One adult dose of Colon Kleen has 2.7 grams of this soluble fiber.†

Directions: Add one heaping teaspoon (5g) to 10-12 oz of juice, water, or milk, one to three times daily, or as directed by a health care professional. Children (6-12 years of age) take half the adult dosage. Mix well and drink immediately. Begin usage gradually to allow your system to adjust to the increase of fiber in your diet, which may cause minor gas or bloating.

WARNINGS: Before using this product, consult a doctor if you:

- Have a sudden change in bowel habits persisting for 2 weeks.
- Have abdominal pain, nausea, vomiting or rectal bleeding.
- Are considering use of this product as a part of a cholesterol-lowering program.

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.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

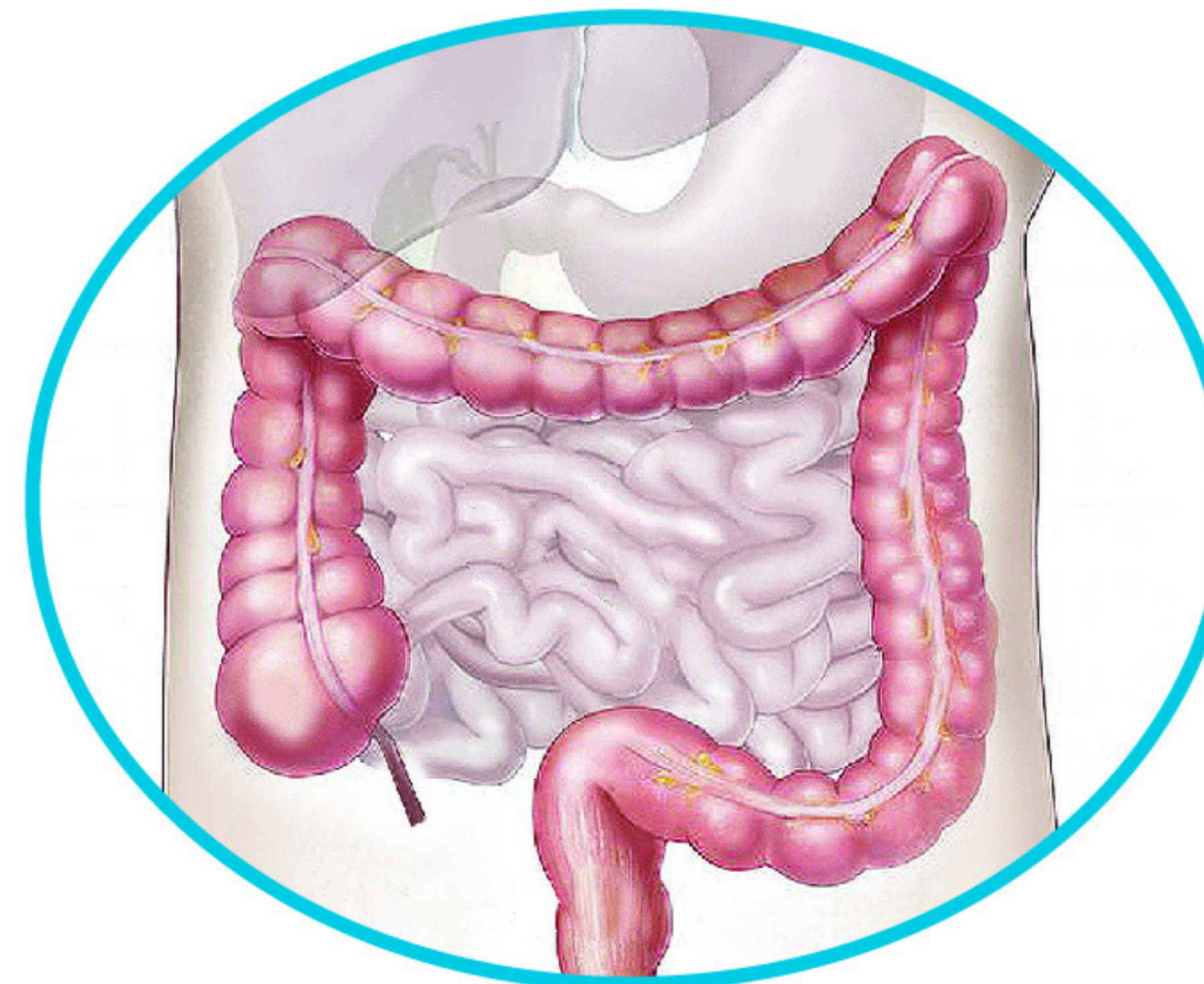
†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

©2018 Manufactured exclusively for Viva Vitamins™
 For more information, visit www.VivaVitamins.com
MADE IN THE USA • In God We Trust • Non-GMO
 Manufactured in an NSF - GMP Certified Facility



COLON KLEEN

Whole Psyllium Husks



Dietary fiber supplement to assist with regularity†

We always use the highest quality ingredients

premium formulas • 12 oz (340g) • dietary supplement

Supplement Facts

Serving Size: 1 heaping teaspoon (5g) Servings per container: 68

Amount Per Serving		%DV*
Calories	20	
Calories from Fat	0 g	0%
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Sodium	0 mg	0%
Total Carbohydrate	4 g	2%
Dietary Fiber (as 100% whole psyllium husks) (<i>Plantago Ovato</i>)	4 g	16%
Soluble Fiber	3 g	**
Protein	0 g	0%

*Percentage Daily Value **Daily Value not established

Other Ingredients: 100% psyllium husks.
FREE of: Gluten, milk, soy, salt, sugar, yeast, wheat, corn, citrus, egg, fish products, artificial coloring, flavoring, or preservatives.

We at Viva are proud to use only the best food-based ingredients in our supplements to ensure you're getting the best product possible from the ground up!

