

Psyllium Husk traditionally provides an excellent source of dietary fiber, which is often lacking in the American diet. Psyllium Husk is a bulk-forming fiber which helps to initiate the natural movement of the bowel and improve the overall health of the colon. Psyllium Husk supplies gentle cleansing action to the body -- unlike many laxative products, which can be irritating to the gut. Psyllium Husk contains both soluble and insoluble fiber for a more complete fiber product. Our **Whole Psyllium Husk** offers a natural, gentle source of fiber, which can help promote proper digestion, regularity and support healthy cholesterol levels in the body.†

- A daily fiber intake of 25-35 grams per day is recommended for good health.
- Supports a low carbohydrate diet with added necessary fiber.
- Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husks (or seed husks) may reduce the risk of heart disease. One serving of our Whole Psyllium Husk provides 2.7 grams of this soluble fiber.

**NOTICE:** This food should be eaten with at least a full glass of liquid. Eating this product without enough liquid may cause choking. Do not eat this product if you have difficulty in swallowing.

This product is not irradiated. It is steam treated to reduce the microorganism count that occurs naturally due to the plant's natural growth and harvesting.

To report a serious adverse event, call 1-888-710-0006

†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.

KEEP OUT OF REACH OF CHILDREN.

VL855-12L

STEAM TREATED  
NON-IRRADIATED

# WHOLE PSYLLIUM HUSK

Provides Fiber to Support  
Colon Health and Digestion†

Dietary Supplement

NET WT. 12 OZ. (340 g)



## Supplement Facts

Serving Size: 2 tsp (heaping) (4.2 g)

Servings Per Container: Approximately 81

Amount Per Serving	%Daily Value	
Calories	15	
<b>Total Carbohydrate</b>	4 g	1%*
Dietary Fiber	4 g	16%*
Whole Psyllium Husk	4.2 g	**

Not a significant source of calories from fat, saturated fat, cholesterol, sodium, sugars, protein, vitamin A, vitamin C, or calcium.

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established.

**Other Ingredients:** None.

**Directions:** As a dietary fiber supplement, add two heaping teaspoons of Whole Psyllium Husk in 10 to 12 ounces of juice, water or milk, one to three times a day. Mix well by stirring, blending or shaking and drink immediately.

Begin usage gradually to allow your system to adjust to the increase of fiber in your diet.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.