

Directions: Take one or more capsules daily with a glass of water, or as directed by your health care professional.

Psyllium Husk contains a spongy, soluble fiber that reduces appetite, improves digestion and absorbs toxins in the digestive tract. It has also been known to help with diarrhea and constipation as well as irritable bowel syndrome. †

Store in a cool, dry place and away from direct light.

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

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Manufactured in an NSF - GMP Certified Facility

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



PSYLLIUM HUSK

500 MG



To aid with digestive regularity†

We always use the highest quality ingredients

premium formulas • 100 capsules • dietary supplement

Supplement Facts

Serving Size: 2 capsules Servings Per Container: 50

	Amount Per Serving	%DV*
Calories from Fat	0 mg	*
Total Fat	0 mg	*
Saturated Fat	0 mg	*
Total Carbs	1 g	*
Dietary Fiber	1 g	4%
(as 100% Whole Psyllium Husk)		
Soluble Fiber	0.6 g	
Protein	0 mg	*

*%DV not established

Other Ingredients: Rice flour, gelatin.

Contains No: Sugar, salt, yeast, corn, soy, wheat, lactose, citrus, milk, egg, fish products, artificial flavoring, or preservatives.