

NEW!
great tasting
FORMULA



Psyllium Husk

POWDER

NATURAL ORANGE FLAVOR



- ✓ 2g SOLUBLE FIBER PER SERVING
- ✓ MAY HELP LOWER CHOLESTEROL TO SUPPORT HEART HEALTH**
- ✓ SUPPORTS COLON HEALTH*

NET WT 10 OZ (283g)

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 2 Rounded Teaspoons (9g)
Servings Per Container About 31

	Amount Per Serving	% Daily Value
Calories	30	
Total Carbohydrate	8g	3% **
Dietary Fiber	3g	11% **
Soluble Fiber	2g	*
Insoluble Fiber	1g	*
Total Sugars	4g	*
Includes 4g Added Sugars		8% **
Psyllium Husk Powder	3529mg	*

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
* Daily Value not established.

OTHER INGREDIENTS: FRUCTOSE, ORANGE JUICE POWDER, CITRIC ACID, NATURAL FLAVORS, BETA CAROTENE (FOR COLOR), MALTODextrin, STEVIA EXTRACT (STEVIA REBAUDIANA LEAF), MALIC ACID. DERIVED FROM TAPIOCA

CONTAINS TREE NUT (COCONUT) INGREDIENTS. PRODUCED IN A FACILITY THAT PROCESSES OTHER TREE NUTS, MILK, EGGS, SHELLFISH, FISH, WHEAT AND SOY.

MANUFACTURED FOR:
WHOLE FOODS MARKET
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NOTE: IF YOU ARE PREGNANT OR LACTATING, CONSULT YOUR HEALTH CARE PRACTITIONER BEFORE USING THIS PRODUCT.

CONTAINS NO ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES.

TAMPER EVIDENT, USE ONLY IF SEAL IS INTACT.

KEEP OUT OF REACH OF CHILDREN.

STORE IN A COOL, DRY PLACE.

DIRECTIONS:

Mix 2 rounded teaspoons with at least 8 ounces of water or juice. Consume immediately. Taking this product without enough liquid may cause choking. See warning.

CHOKING WARNING: TAKING THIS PRODUCT WITHOUT ADEQUATE FLUID MAY CAUSE PRODUCT TO SWELL AND BLOCK YOUR THROAT OR ESOPHAGUS AND MAY CAUSE CHOKING. DO NOT TAKE THIS PRODUCT IF YOU HAVE DIFFICULTY SWALLOWING. IF YOU EXPERIENCE CHEST PAIN, VOMITING OR DIFFICULTY SWALLOWING OR BREATHING AFTER TAKING THIS PRODUCT, SEEK IMMEDIATE MEDICAL ATTENTION.

*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.

*Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk may reduce the risk of heart disease. One serving of our psyllium husk powder provides 2 grams of this soluble fiber.

