

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 4 capsules, 1 to 3 times a day. Take with food. For children 6-12: Do not take capsules. Colon Care in powder form is recommended for ease of use. Start by taking 1 serving each day. Gradually increase to 3 servings per day if needed. Swallow one capsule at a time. Take each serving with at least 8 ounces (a full glass) of water or other liquid. Drinking additional liquid is helpful. If minor gas or bloating occurs, reduce the amount you take until your system adjusts. Use every day for best results.

As with all bulking fiber supplements, do not take within 1 to 2 hours of prescription medications. If you are taking medication or are under a doctor's care, consult a health professional before use.

Store at room temperature. Keep lid tightly closed to protect from humidity.

No preservatives. No artificial flavors. No artificial color. No added sugar, binders or fillers.

Note: All psyllium husk products, and most agricultural products, contain some chemicals that the plants absorb from the soil.

Ingredients: Psyllium seed husks, calcium carbonate, FOS prebiotic complex, magnesium oxide, acacia gum, Non-GMO soy fiber, Gluten Free oat bran, apple fiber, selenium amino acid chelate, USP Kasher gelatin capsule.

Yerba Prima, Inc.
740 Jefferson Ave., Ashland, OR 97520, USA
email: yerba@yerbaprima.com
Made in U.S.A. © Yerba Prima 2015 206N
Come visit us at our web site:
www.yerbaprima.com

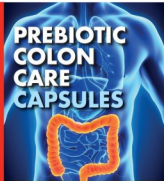
Supplement Facts

Serving size 4 capsules (825 mg per cap)
Servings per container: 45

Amount per serving	% Daily Value*
Calories 8	
Total Fat 0	0%
Total Carbohydrate 2 g	<2%
Dietary Fiber 2 g	8%
Soluble Fiber 1.6 g	
Insoluble Fiber 0.4 g	
Sugars 0 g	
Protein 0g	
Calcium (as calcium carbonate) 40 mg	4%
Magnesium (as magnesium oxide) 30mg	5%
Selenium (as selenium amino acid chelate) 17mcg E	
Sodium 2 mg	<2%
Potassium 22 mg	<2%
Proprietary fiber blend 2.3g	†
Psyllium seed husks	
Acacia gum	
Non-GMO Soy fiber	
Gluten Free Oat bran	
Apple fiber	
FOS (Fructo-oligosaccharides) 40mg	†

*Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Yerba Prima



HELPS FEED FRIENDLY BACTERIA*



Premium Dietary Fiber Supplement
180 Capsules

Yerba Prima

Take Every Day to Promote Colon Health!*
Helps Eliminate Toxins and Waste!*
Concentrated Source of all 5 Fiber Types!

Colon Care promotes colon health with fiber, calcium, magnesium, selenium and FOS. These nutrients provide dietary support for normal, healthy functioning of the colon.*

Colon Care supports regular elimination of toxins and waste material, promotes the growth of friendly bacteria, such as acidophilus and bifidus, and supports proper digestion.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

SAFETY SEALED: Do not use this product if printed band around cap or seal under cap is broken or missing.

CALIFORNIA RESIDENTS ONLY!
Proposition 65 WARNING:
This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

