

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 1 heaping teaspoon, 1 to 3 times a day. **CHILDREN 6-12:** 1/2 to 1 level teaspoon, 1 to 3 times a day. Start by taking 1 serving each day. Gradually increase to 3 servings per day if needed. Stir powder briskly into at least 8 ounces (a full glass) of liquid. Juice, water, soy or rice drink, and milk are all good with Prebiotic Colon Care Formula. For easiest mixing, shake in a closed jar. Drink immediately. If product is too thick when consuming, add more liquid and stir. 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.

Fill controlled by weight, not volume. Contents may settle during shipping and handling. Store at room temperature. Keep lid tightly closed to protect from humidity.

No preservatives. No artificial flavor. 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, Gluten Free oat bran, Non-GMO soy fiber, acacia gum, calcium carbonate, FOS prebiotic growth complex, magnesium oxide, apple fiber, selenium amino acid chelate.

Yerba Prima, Inc.
740 Jefferson Ave.,
Ashland, OR 97520, USA
email: yerba@yerbaprime.com
Made in U.S.A.
© Yerba Prima 2015 204P
Come visit us at our web site:
www.yerbaprime.com

Supplement Facts

Serving size 7.1 grams (1 heaping teaspoon)
Servings per container 48

Amount per serving	% Daily Value**
Calories 20	
Total Fat 0 g	0%
Total Carbohydrate 5.5 g	2%
Dietary Fiber 5 g	20%
Soluble Fiber 3 g	
Insoluble Fiber 2 g	
Sugars 0 g	
Protein <1 g	
Calcium (as calcium carbonate) 100 mg	10%
Magnesium (as magnesium oxide) 50 mg	12%
Selenium (as selenium amino acid chelate) 17 mcg †	
Sodium 5 mg	<2%
Potassium 39 mg	<2%
Concentrated fiber blend 5.6 g †	
Psyllium seed husks	
Gluten Free Oat bran	
Non-GMO Soy fiber	
Acacia gum	
Apple fiber	
FOS (Fructo-oligosaccharides) 100 mg †	

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

† Daily Value not established.

Yerba Prima

PREBIOTIC COLON CARE FORMULA



HELPS FEED FRIENDLY BACTERIA*



Premium Dietary Fiber Supplement
Net Wt 12 oz (340 g)

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 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.

