

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 4 or 5 capsules, one to three times a day. Take with food. For children 6-12: Do not take capsules. Psyllium Husks 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 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, USP
Kosher gelatin capsule.

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Made in U.S.A.
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Come visit us at our web site:
www.yerbaprime.com

Supplement Facts

Serving size 4 capsules (400-mg cap)
Servings per container: 45

Amount per serving	% Daily Value*
Calories 8	
Total Fat 0 g	0%
Total Carbohydrate 2.2 g	<2%
Dietary Fiber 2.2 g	9%
Soluble Fiber 1.8 g	
Insoluble Fiber 0.4 g	
Sugar 0 g	
Protein 0g	
Calcium 5 mg	<2%
Sodium 2 mg	<2%
Potassium 32 mg	<2%
625-mg psyllium seed husks per capsule †	

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

† Daily Value not established

Yerba Prima®

PSYLLIUM HUSKS CAPS

GREAT
FOR WEIGHT LOSS
& MAINTENANCE*

DOCTOR RECOMMENDED
GENTLE, SOOTHING FIBER*



Premium Dietary Fiber Supplement
180 Capsules

Yerba Prima®

Take daily for best digestive health.*

Pure psyllium fiber, no additives.

Convenient gelatin capsules.

Great fiber supplement for low carb, high protein and gluten-free diets.*

Promotes regularity.*

Great for weight loss and weight maintenance.*

***Yerba Prima Psyllium Husks for Regularity and Colon Health:** Psyllium husks promote easy, healthy elimination with gentle fiber. To maintain regularity and colon health, take 1 to 3 servings a day, with meals.*

Yerba Prima Psyllium Husks for Weight Maintenance: To promote satiety and support weight maintenance, take 1 to 3 servings a day, with meals.*

Yerba Prima Psyllium Husks for Heart Health: To help support heart health, take 5 capsules 3 times a day, with meals.*

*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.

