

**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, cellulose capsule.

**Yerba Prima, Inc.**  
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Made in U.S.A.

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Come visit us at our web site:  
[www.yerbaprima.com](http://www.yerbaprima.com)

### Supplement Facts

Serving size 4 capsules (633 mg per 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    |                |
| Sugars 0 g               |                |
| Protein 0g               |                |
| Calcium 5 mg             | <2%            |
| Sodium 2 mg              | <2%            |
| Potassium 22 mg          | <2%            |
| Psyllium seed husks      | †              |

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

† Daily Value not established

# Yerba Prima®

## PSYLLIUM HUSKS VEG 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 vegetable 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.

