

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: To help support heart health, take 5 capsules 3 times a day with meals. As a fiber supplement, take 5 capsules 1 to 3 times a day with meals. Start by taking 1 serving each day. After a few days, increase to 3 servings per day as 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 colors. No added sugar, binders or fillers.

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

INGREDIENTS: Psyllium seed husks, croacia gum, Gluten Free oat bran, apple fiber, apple pectin, USP Kardia gelatin capsule. **Note:** The carbohydrate in this product is primarily non-digestible fiber; digestible carbohydrate is less than 1/2 gram per serving.

Yerba Prima, Inc.
740 Jefferson Ave.,
Oakland, CA 94608, USA
email: yerba@yerbaprima.com
Made in U.S.A.
© Yerba Prima 2015 1868
Come visit us at our web site:
www.yerbaprima.com

Supplement Facts	
Serving size 5 capsules	
Servings per container: 30	
Amount per serving	% Daily Value*
Calories 0	
Total Fat 0	0%
Total Carbohydrate 2.7 g	<2%
Dietary Fiber 2.7 g	7%
Soluble Fiber 2.2 g	
Insoluble Fiber 0.5 g	
Sugars 0 g	
Protein 0 g	
Calcium 5 mg	<1%
Sodium 3 mg	<1%
Potassium 28 mg	<2%
Concentrated fiber blend	3.1 g†
Psyllium seed husks	
Acacia gum	
Gluten Free Oat bran	
Apple fiber	
Apple pectin	
* Percent Daily Values are based on a 2,000-calorie diet.	
† Daily Value not established.	

Yerba Prima®

SOLUBLE FIBER CAPS

HEART HEALTHY

Concentrated Soluble Fiber

PROMOTES
HEART HEALTH*



Premium Dietary Fiber Supplement
180 Capsules

Yerba Prima®

Doctors Recommend Soluble Fiber for Heart Health*
Concentrated Soluble Fiber
Also Promotes Regularity*
Take Every Day for Best Results

Soluble Fiber Caps – Take every day to help promote heart health by supporting healthy cholesterol levels within the normal range. Help guard your heart's health with the extra nutrition provided by Soluble Fiber Caps. To help support heart health, take 3 servings 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.

CAUTION: Do not take capsules if you have difficulty in swallowing. A very small percentage of individuals, particularly health care providers who have been occupationally exposed to psyllium dust, may develop a sensitivity to psyllium. This sensitivity may result in an allergic reaction. If you experience a strong reaction, with difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Keep out of the reach of children. 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. For more information about Prop 65, see www.yerbaprima.com.

