

Psyllium Husk traditionally provides an excellent source of dietary fiber, which is often lacking in the American diet. Psyllium Husk is a bulk-forming fiber which helps to initiate the natural movement of the bowel and improve the overall health of the colon.¹ Psyllium Husk supplies gentle cleansing action to the body -- unlike many laxative products, which can be irritating to the gut. Psyllium Husk contains both soluble and insoluble fiber for a more complete fiber product. Our Whole Psyllium Husk offers a natural, gentle source of fiber, which can help promote proper digestion, regularity and support healthy cholesterol levels in the body.¹

- A daily fiber intake of 25-35 grams per day is recommended for good health
- Supports a low carbohydrate diet with added necessary fiber
- Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husks (or seed husks) may reduce the risk of heart disease. One serving of our Whole Psyllium Husk provides 2.7 grams of this soluble fiber

This product is not irradiated. It is steam treated to reduce the microorganism count that occurs naturally due to the plant's natural growth and harvesting.

NOTICE: This product should be consumed with at least a full glass of liquid. Consuming this product without enough liquid may cause choking. Do not consume this product if you have difficulty in swallowing.

Your purchase supports a healthy environment with our eco-friendly 100% Post-Consumer Recycled (PCR), BPA-Free container.

PURITY + POTENCY
GUARANTEED



To report a serious adverse event, call 1-888-710-0006

WARNING: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

¹THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

KEEP OUT OF REACH OF CHILDREN.

VVL 855-80M PW



NATURAL
NUTRA

STEAM TREATED
NON-IRRADIATED

WHOLE PSYLLIUM HUSK

Provides Fiber to Support
Colon Health and Digestion^{*}



NET WT 12 oz (336 g)

DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 2 tsp (heaping) (4.2 g)
Servings Per Container: 80

Amount Per Serving	% Daily Value	
Calories	15	
Total Carbohydrate	4 g	1%**
Dietary Fiber	4 g	14%**
Whole Psyllium Husk	4.2 g	*

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

* Daily Value not established.

Formulated for Hurd Dynamics LLC, DBA Natural Nutra, Tampa, FL 33615 WWW.NATNUTRA.COM

DIRECTIONS: As a dietary fiber supplement, add two heaping teaspoons of Whole Psyllium Husk in 10 to 12 ounces of juice, water or milk, one to three times a day. Mix well by stirring, blending or shaking and drink immediately.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Begin usage gradually to allow your system to adjust to the increase of fiber in your diet.

^{*} SGS verified the process for manufacturing this product with no GMO ingredients. www.sgs.com/no-gmo