Gentle Source of Fiber for a Happy, Healthy Tummy

NON-GMO • VEGAN • GLUTEN-FREE • ORGANIC

viva naturals

PSYLLIUM HUSK POWDER

ORGANIC

NET WT. 24 OZ (680g)
DIETARY SUPPLEMENT

USDA ORGANIC

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HOW TO USE IT

Suggested Use: Take 1 teaspoon (5 g) once daily with 8 oz. of liquid, or as recommended by your healthcare practitioner. Stir briskly and drink immediately. Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product 1-2 hours before or after taking medication. Suggested to start with 1 serving per day, gradually increasing to desired intake. You may initially experience changes in bowel habits or minor bloating, as your body adjusts to increased fiber intake.

Notice: Psyllium husk should be taken with 8 oz (a full glass) of liquid. Taking this product without enough liquid may cause choking. Do not take this product if you have difficulty swallowing.

Caution: Contact your healthcare practitioner prior to use if you have recently experienced a sudden change in bowel habits persisting for 2 weeks, abdominal pain, nausea, or vomiting. Stop using this dietary supplement and talk to your doctor if constipation lasts more than 7 days or rectal bleeding occurs. These may be signs of a serious condition. Consult your healthcare practitioner prior to use if pregnant or nursing. Keep out of reach of children. Do not use if pouch is open, or seal is broken.

HAPPILY HARVESTED

To make our psyllium powder, we use a unique method to separate the husks from the seeds of the *Plantago ovata* plant. First, we isolate the stuff we want (the fibrous outer coating) from the stuff we don't (seed fragments). Then, we gently crush the husks without the use of chemicals, creating an exceptionally smooth powder that's easy to mix into liquids-and into your everyday lifestyle.

viva naturals promise

Your health and well-being are important to you—and that means they're important to us. We stand by our products 100%, but if any of them don't meet your expectations, let us know within 90 days of your purchase for a full refund, no questions asked. When it comes to your health, you deserve nothing but the best.

Check out more Viva goodness at:
vivanaturals.com

⚠ WARNING
Cancer and Reproductive Harm -
www.P65Warnings.ca.gov

Storage: To ensure freshness after opening, seal tightly and store in a cool, dry place away from heat and light.

Supplement Facts

Serving Size 1 Tsp (5 g)
Servings Per Container About 136

	Amount per serving	% Daily Value
Calories	20	
Total Carbohydrate	4 g	1%**
Dietary Fiber	4 g	14%
Iron	1 mg	6%
Organic Psyllium Husk (*Plantago ovata*, Seed Husk)	5 g	†

**Percent Daily Values are based on a 2,000 calorie diet.
† Daily value not established.

May contain peanuts, tree nuts (coconut), milk and/or soy. Manufactured without colors, flavors, preservatives, or salt.

Allergy Alert: This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium.

*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.

NON GMO PROJECT VERIFIED · USDA ORGANIC · KOSHER · Certified GF Gluten-Free · Vegan

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PRODUCT OF INDIA

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