

good for:
Promoting regularity, and helping you feel
less hungry between meals.*

made with:
Certified organic, non-GMO psyllium husk.



A WEALTH OF WELLNESS™
www.vivanaturals.com

- Specially Formulated
- Manufactured in GMP Certified Facilities
- Third-Party Certified for Purity & Potency

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 safety seal under cap is broken or missing. **ALLERGY ALERT:** This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium. **STORAGE:** To ensure freshness after opening, tightly seal and store in a cool, dry place away from heat and light.

WARNING
Cancer and Reproductive Harm -
www.P65Warnings.ca.gov/food

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

viva naturals

ORGANIC
PSYLLIUM
HUSK
POWDER

DIGESTIVE HEALTH*
APPETITE CONTROL*

KETO & PALEO FRIENDLY

Net Wt. 20 oz (575 g)
DIETARY SUPPLEMENT

ORANGE



SUGGESTED USE: As a dietary supplement, take one (1) scoop (6 g) once daily with 8 oz. (237 mL) of cool liquid, or as directed by your healthcare practitioner. Stir briskly and drink immediately. Scoop is included. 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 and gradually increase to desired intake. You may initially experience changes in bowel habits or minor bloating, as your body adjusts to increased fiber intake.

Supplement Facts

Serving Size 1 Scoop (6g)

Servings Per Container About 100

	Amount per serving	% Daily Value
Calories	20	
Total Carbohydrate	5 g	2%**
Dietary Fiber	5 g	17%
Iron	4 mg	21%
Organic Psyllium Husk (Plantago ovata, seed)	5 g	†

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

†Daily value not established.

OTHER INGREDIENTS: ORGANIC NATURAL FLAVOR, CITRIC ACID, ORGANIC STEVIA (STEVIA REBAUDIANA) LEAF EXTRACT.

MADE IN A FACILITY THAT ALSO PROCESSES MILK, SOY, SESAME, EGG, PEANUTS, TREE NUTS, FISH/CRUSTACEANS/SHELLFISH OILS, AND WHEAT PRODUCTS.

DOES NOT CONTAIN ADDED DYES.

NON-GMO AND MADE WITHOUT LACTOSE OR DAIRY.

MANUFACTURED IN THE USA WITH DOMESTIC AND IMPORTED INGREDIENTS FOR:

VIVA NATURALS INC.

228 Park Ave South, Suite 2400
New York, NY 10003 | 1-800-921-8482

Certified Organic by Pro-Cert



viva naturals
— PROMISE —

We're really proud of the products we make. But, if you're unhappy with your Viva Naturals purchase for any reason, just let us know within 90 days. We'll be happy to refund your money, no questions asked and no hard feelings.

