

## Dietary Supplement

amazing INDIA® Psyllium is a form of soluble fiber obtained from the Plantago seed, specifically from the husk of the plant's seed. Psyllium is a bulk-former that absorbs water from the colon and makes bowel movements easier. It does not promote flatulence.\* The absorbing capacity of Psyllium Husk helps in clearing the colon of toxins.\* It has a probiotic effect, which supports the growth of good bacteria in colon.\* Whole Husk Psyllium supports overall digestive health and healthy weight management.\*



amazing INDIA®

# Organic Whole Psyllium Husk

Organic Certified Fiber

Excellent Source of Soluble Fiber\*

Helps Promote Regularity\*

Promotes General Digestive & Intestinal Health\*

90 SERVINGS

NET WT. 16 OZ. (454 G)

Manufactured for & Distributed by:  
amazing INDIA®  
A FDA Regulated Facility  
190A Jony Drive, Carlstadt, NJ 07002  
1-800-806-0624 • [www.AmazingIndia.com](http://www.AmazingIndia.com)  
Certified Organic by: Natural Food Certifiers  
Kosher Certified by: Orthodox Union

## Supplement Facts

Serving Size 1 Tablespoon (5 g)

Servings Per Container Approx. 90

| Amount Per Serving                                          |     | % Daily Value* |
|-------------------------------------------------------------|-----|----------------|
| Calories 18                                                 |     |                |
| Total Carbohydrate                                          | 4 g | 1%             |
| Dietary Fiber                                               | 4 g | 16%            |
| Soluble Fiber                                               | 3 g | **             |
| Insoluble Fiber                                             | 2 g | **             |
| Organic Whole Psyllium Husk<br>(Plantago ovata) (seed husk) | 5 g | **             |

\*Percent Daily Values are based on a 2,000-calorie diet.  
\*\*Daily Value not established.

**Ingredient:** Pharmaceutical Grade Organic  
Psyllium Husk

**Free Of:** Sugar, Sodium, Cholesterol, Fat or  
Additives

**Suggested Use:** ADULTS AND CHILDREN  
OVER 12 YEARS: One serving per day, but  
taken before or between meals.

**Directions for Use:** Mix one (1) tablespoon  
with at least 10 ounces of water, juice or your  
favorite beverage. Stir and drink immediately.  
If too thick, add more liquid and stir. Drinking  
an additional glass of water afterwards is ad-  
visable to ensure hydration.

**Caution:** This product should be consumed  
with at least a full glass of liquid. Using this  
product without enough liquid may cause  
choking. Do not use if you have difficulty  
swallowing. Consult a physician before use if  
pregnant or nursing, taking medication,  
planning a medical procedure or have a medi-  
cal condition. KEEP OUT OF REACH OF CHILDREN. STORE IN  
A COOL DRY PLACE AWAY FROM DIRECT SUNLIGHT. DO NOT USE  
IF SAFETY SEAL IS DAMAGED OR MISSING.

**Warning:** Consuming this product can expose  
you to a chemical known to the State of California  
to cause cancer or reproductive harm.



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

