

HERBAL SECRETS™ Certified Organic Whole Psyllium Husk is made from the seed husk of the herb *Plantago ovata*. Organic Whole Psyllium is a best known as a natural, soluble dietary fiber.

HERBAL SECRETS™ maintains the highest standards of environmental awareness. While most conventional psyllium husk products offer high fiber, most are inorganic and may not be pure. HERBAL SECRETS™ ensures the integrity of our products by selecting raw ingredients from farms that forbid the use of chemical fertilizers, pesticides, herbicides and post-harvest chemical treatment.

HERBAL SECRETS™ is 100% Natural & Organic.

* 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.



Psyllium is a form of soluble fiber obtained from the *Plantago ovata* plant, specifically from the husk of the plant's seed. Psyllium is a bulk forming fiber which absorbs water from the colon and makes bowel movements easier.* Psyllium Husk does not promote flatulence.* The absorbing capacity of PsylliumHusk, helps in cleansing the colon of toxins.* It has a probiotic effect, which supports the growth or activity of good bacteria in the colon.* Whole Husk Psyllium supports overall digestive health and healthy weight managment.*



NATURAL DIETARY SUPPLEMENT

Organic Whole Psyllium Husk

100% Certified Organic Fiber

- Supports Intestinal & Digestive Health*
- Helps Maintain Regularity*
- Supports Healthy Weight Management*



NET WT. 16 OZ (454 G)

5 G PER SERVING

Supplement Facts

Serving Size 1 Tablespoon
Serving Per Container Approx. 90

	Amount Per Serving	% DV*
Calories	18	
Total Carbohydrate	4 g	1%
Dietary Fiber	4 g	16%
Soluble Fiber	3 g	**
Insoluble Fiber	2 g	**
Organic Whole Psyllium Husk	5 g	**
(Plantago ovata) (seed husk)		

* % Daily Values (% DV) are based on a 2,000 calorie diet.
** % Daily Values not established.

INGREDIENT: Pharmaceutical Grade Organic Psyllium Husk

CONTAINS NO ADDED: sugar, sodium, cholesterol, fat or additives

SUGGESTED USE: ADULTS AND CHILDREN OVER 12 YEARS: One serving per day, best taken before or between meals. DIRECTIONS: 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 advisable 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 in swallowing. Consult a physician before use if pregnant or nursing, taking medication(s), planning a medical procedure or have a medical condition. KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

HERBAL SECRETS
Manufactured for & Distributed by:
Herbal Secrets™
629 Grove Street
Jersey City, NJ 07310
Certified Organic by Baystate Organic Certifiers
Kosher Certified by Earth Kosher