

Psyllium Husk 500 mg

Warning: Must be taken with at least 8 ounces of liquid to reduce the risk of choking or intestinal blockage. Avoid use if you have a history of difficulty swallowing. Seek immediate medical attention for breathing difficulties, swelling, or pain.

100 Vegetarian Capsules

SUPPLEMENT FACTS

Serving Size: 3 Capsules

Servings per container: About 33

| Amount Per Serving Calories: 6 | % Daily Value** |
|--|-----------------|
| Total Carbohydrate 1.3g Dietary Fiber 1.1g Psyllium Husk | <1% 4% |
| (plantago asiatica seed) 1500 mg | |
| *Daily Value not established. | |

Other Ingredients: Hypromellose Capsules

Free of: Sugar, soy, dairy, yeast, gluten or additives

Directions:

As a dietary supplement, take 3 capsules twice daily with at least 8 ounces of water, or as directed by a physician.

Storage: Keep dry, cool & dark

Warning:
This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use.

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

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Date of Manufacture Expires