



# 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.

### 300 Gelatin Capsules

#### SUPPLEMENT FACTS

Serving Size: 3 Capsules

Servings per container: About 100

| Amount Per Serving                                  | % Daily Value** |
|-----------------------------------------------------|-----------------|
| Calories: 6                                         |                 |
| Total Carbohydrate 1.3g                             | <1%             |
| Dietary Fiber 1.1g                                  | 4%              |
| Psyllium Husk<br>(plantago asiatica seed)... 1500mg | *               |

\*Daily Value not established.

\*\*Based on 2,000 calorie diet

Other Ingredients: Bovine Gelatin 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

#### Distributed Exclusively by:

BulkSupplements.com

7511 Eastgate Road

Henderson, NV 89011

Lot Number:

Date of Manufacture

Expires

#### 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.

#### KEEP OUT OF REACH OF CHILDREN!

\*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.