

# **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 Vegetarian Capsules

#### SUPPLEMENT FACTS

Serving Size: 3 Capsules Servings per container: 100

% Daily Value**
<1% 4%

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

Storage: Keep dry. cool & dark

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

Warning:

directed by a physician.

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Lot Number: Date of Manufacture

Expires