

Psyllium husk traditionally provides an excellent source of dietary fiber, which is often lacking in the American diet. Psyllium husk is a bulk-forming fiber which helps to initiate the natural movement of the bowel and improve the overall health of the colon.[†] Psyllium husk supplies gentle cleansing action to the body — unlike many laxative products, which can be irritating to the gut.[†] Psyllium husk contains both soluble and insoluble fiber for a more complete fiber product. Our **Organic Whole Psyllium Husk** offers a natural, gentle source of fiber, which can help promote proper digestion, regularity and support healthy cholesterol levels in the body for individuals already within a normal range.[†]

- A daily fiber intake of 25-35 grams per day is recommended for good health.
- Supports a low carbohydrate diet with added necessary fiber.
- Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husks (or seed husks) may reduce the risk of heart disease. One serving of our Organic Whole Psyllium Husk provides 2.7 grams of this soluble fiber.

NOTICE: This product should be consumed with at least a full glass of liquid. Consuming this product without enough liquid may cause choking. Do not consume this product if you have difficulty in swallowing.

This product is steam treated to reduce the microorganism count that occurs naturally due to the plant's natural growth and harvesting.

This container is filled by weight, not volume, and some settling may occur.

[†] SGS verified the process for manufacturing this product with no GMO ingredients. www.sgs.com/cn-cg

**Your purchase supports a healthy environment
with our eco-friendly 100% Post-Consumer Recycled (PCR),
100% BPA-Free container**
Store in a cool, dry place.

We Guarantee Our Supplements for Potency and Purity

WARNING: Consuming this product can expose you to chemicals including lead, which is [are] known to the State of California to cause cancer, birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

To report a serious adverse event, call 1-888-710-0006

† 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.



Steam Treated

Organic Whole Psyllium Husk

Provides Fiber to Support Colon Health and Digestion[†]

dietary supplement

gluten free • dairy free • soy free • nut free

NET WT 12 oz (336 g)

Supplement Facts

Serving Size: 4.2 g (2 heaping teaspoons)

Servings Per Container: 80

Amount Per Serving	%Daily Value	
Calories	15	
Total Carbohydrate	4 g	1%**
Dietary Fiber	4 g	14%**
Organic Psyllium Husk (<i>Plantago ovata</i>)	4.2 g	*

** Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established

Manufactured for: Natural Healthy Concepts
310 N. Westhill Blvd. Appleton, WI 54914
(920) 968-2360



This product is certified organic by Quality Assurance International (QAI).

SUGGESTED USE: As a dietary fiber supplement, add two heaping teaspoons of Organic Whole Psyllium Husk to 10-12 ounces of juice, water, or milk. Mix well by stirring, blending, or shaking and drink immediately.

Begin usage gradually to allow your system to adjust to the increase of fiber in your diet.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

KEEP OUT OF REACH OF CHILDREN.

VVL 934-BDE PW

