

BRONSON
SINCE 1960

NUTRITION+

PSYLLIUM HUSKS

500 MG

- Supports digestive health*
- Helps promote and maintain regularity*

240 COUNT

SOLUBLE FIBER

500 MG PER CAPSULE

ONCE DAILY

Dietary Supplement
240 Capsules

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 120

Amount Per Serving		% Daily Value
Calories	4	
Total Carbohydrate	< 1 g	< 1%*
Dietary Fiber	< 1 g	4%*
Psyllium Husk (<i>Plantago ovata</i>) (seed husk)	1,000 mg	†

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

† Daily Value not established

Other Ingredients: Gelatin, vegetable cellulose, stearic acid, silicon dioxide, magnesium stearate.

Directions: As a dietary supplement for adults, take 2 capsules once daily with an 8 ounce glass of water, or as directed by a healthcare professional. Do not take before bedtime.

WARNING: If you are pregnant, nursing or taking any medications, consult your healthcare professional before use. Take this product with at least 8 ounces of water. Taking this product without adequate fluid may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting, difficulty swallowing or breathing after taking this product, seek immediate medical attention. Fiber products can affect the absorption of many medications. Do not take this product within 2 hours of taking medications. As a reminder, discuss supplements and medications you take with your healthcare professional.

Store at room temperature. 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.

BronsonVitamins.com



Nutrition Questions or Comments?



Call 1-800-235-3200
Mon. - Fri. 7 AM - 6 PM MST
Sat. 8 AM - 4:30 PM MST

ITEM# 599b

Manufactured for Bronson Laboratories
350 South 400 West #102
London, UT 84042, USA

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