



At the heart of ORGANIC INDIA is our commitment to be a living embodiment of consciousness in action. We work with thousands of family farmers in India who cultivate tens of thousands of acres of organic farmland. ORGANIC INDIA actively promotes sustainable agriculture and pays a premium market rate to our farmers. All our products promote wellness and are certified organic. ♻️ The product you hold in your hands is one link in a chain of love, respect, and connectedness between our farmers and you. By choosing ORGANIC INDIA, you are completing this chain, which provides training and a living wage to the Indian farmers, creates a sustainable environment, and brings happiness and well-being back to you.



ABOUT PSYLLIUM

India grows 85% of the world's Psyllium crop. Psyllium husk powder is a bulk forming natural dietary fiber which promotes good digestive health and regularity. Doctors recommend Psyllium as a convenient way to increase intake of dietary fiber. Psyllium husk can play an important role in the maintenance of a healthy gastro-intestinal function.*

ORGANIC TRI-ACTIVE BLEND

We combine the benefits of Psyllium, Inulin, Aloe Vera Leaf, and Marshmallow Root to provide you with a daily fiber formula that vitalizes and soothes the digestive tract, keeps your colon healthy and provides you with heart healthy soluble fiber. Inulin, a prebiotic, helps grow beneficial bacteria needed to maintain a healthy colon. Aloe Vera helps promote digestive health by protecting the intestinal tract and aiding protein digestion and assimilation. Marshmallow Root helps soothe the digestive system. Great tasting, all organic Chocolate flavor Fiber Harmony™ — a healthy, effective way to start and end your day!*

FOR HEART HEALTH Soluble fiber from foods such as psyllium in Fiber Harmony™ as a part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Fiber Harmony™ provides 2.5 grams of the 7 grams of soluble fiber from psyllium necessary per day to have this effect.



*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



Fiber Harmony™

Organic Tri-Active Blend

with PSYLLIUM, ALOE VERA & INULIN



CHOCOLATE FLAVOR

Sugar Free

NO ARTIFICIAL SWEETENERS, COLORS OR FLAVORS

DIETARY SUPPLEMENT

NET WT. 10.6 OZ (300g) • 30 SERVINGS

Supplement Facts

Serving Size: 1 level tablespoon (10g)
Servings Per Container: 30

Amount Per Serving	% Daily Value*
Calories 75	
Total Carbohydrate 7g	2%
Dietary Fiber 5g	15%
Soluble Fiber 3g	
Organic Psyllium husk	3.5g +
Organic Inulin	1g +
Organic Aloe Vera leaf extract 200:1	100mg +
Organic Digestive Blend	4.55g
Organic Carob (seed)	+
Organic Chicory (root)	+
Organic Licorice (root)	+
Organic Fennel (seed)	+
Organic Guar gum	+
Organic Marshmallow (root)	+
Organic Stevia (leaf)	+

*Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients:

Organic Chocolate Flavor, Organic Vanilla Flavor.

SUGGESTED USE: Adults and Children over 12 years: One serving up to 3 times daily. Best taken before or between meals.

DIRECTIONS: Mix serving size with at least 8 oz of water, milk, or milk substitute. Stir and drink immediately. If too thick, add more liquid and stir. Drinking an additional glass of water afterwards is advisable to ensure adequate hydration.

NOTICE: Consuming this product without enough liquid may cause choking. Do not use this product if you have difficulty swallowing.

MANUFACTURED IN INDIA

Distributed in the USA by:
Organic India USA
538 Western Ave., Suite T
Boulder, CO 80501
888-650-8332
www.OrganicIndiaUSA.com



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