

Suggested Use: Day 1: Take 2 capsules in the morning, and 2 capsules at night. Day 2 and on: Take 3 capsules in the morning and 3 capsules at night. Up to 3 capsules, 3 times daily can be used. Once desired results are achieved maintain that usage level.

The fiber found in Regulate-GI helps maintain regularity by its unique biphasic capabilities, meaning it can both loosen or firm stools, depending on how much is consumed*. It is important to start low and increase slowly until you find what works best for your regularity.*

Caution: For adults only. Consult a physician if pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children.

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

*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.



PESCIENCE

200
Capsules

500mg
Per Capsule

V
Vegan

Regulate-GI

Biphasic Fiber

Formulated From Science*



- Supports bowel regularity*
- Unique biphasic ability for optimal results*
- Vegan. Quality Tested

DIETARY SUPPLEMENT

200 CAPSULES

Supplement Facts

Serving Size 3 Capsules Servings Per Container 66

	Amount Per Serving	% Daily Value
Calories ††	5	
Total Carbohydrate	1.3 g	< 1%**
Dietary Fiber	1.1 g	4%**
Soluble Fiber	1.0 g	†
Insoluble Fiber	0.1 g	†
Organic Psyllium Husk Powder (Husk/Seed)	1.5 g	†

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

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule) and Stearic Acid (vegetable source).

Quality Tested & Packaged for PEScience LLC, 3665 East Bay Dr. #204-155, Largo, FL 33771. 888-885-0195 | pescience.com

††Fiber is not digested, thus has no calorie effect.

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.