

# Hydrocil® Instant

DIETARY FIBER SUPPLEMENT

- Recommended by Gastroenterologists for over 30 years.
- 100% pure concentrated Psyllium Fiber.
- Dissolves instantly. No sugar, artificial flavors, colors or sweeteners. Safe for diabetics.



Do not use if any packet is torn or broken

## All Natural, Mixes Instantly

For Gastrointestinal Health and Digestive Regularity\*

**DIRECTIONS:** Adults 12 years & older: 1 PACKET in 8 ounces of liquid 2 times daily. Children under 12 years: Consult a doctor.

**NOTICE:** Take this product with at least 8 ounces (a full glass) of liquid. Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing.

## For Heart Health

Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in HYDROCIL® INSTANT, may reduce the risk of heart disease by lowering cholesterol. One serving of HYDROCIL® INSTANT has 2.4 grams of this soluble fiber.

\*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.

Recommended Use: Mix one packet in 8 ounces (a full glass) of liquid 2 times a day. For adults 12 years and older.

Contains NO sugar, artificial flavors, colors or sweeteners.

Store at room temperature. Keep tightly closed, protect from excessive moisture (humidity).

See bottom for lot number and expiration date. Questions: call 1-800-331-0221

Distributed by: Namak Brands, Inc., Edison, NJ 08818  
#E811 Rev. 4/16

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30 Single Use Packets, each 3.7 grams (0.13 oz)

## Supplement Facts

Serving Size: 3.7 g (1 PACKET)  
Servings Per Container: 30

| Amount Per Serving    | % Daily Value* |
|-----------------------|----------------|
| Calories 10           |                |
| Sodium 3 mg           | <1%            |
| Total Carbohydrate 3g | 1%             |
| Dietary Fiber 3g      | 12%            |
| Soluble Fiber 2.4g    | †              |
| Sugars 0g             | †              |
| Calcium 6mg           | <1%            |
| Iron 0mg              | 0%             |

\* Percentage Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Value (DV) not established

Ingredients: Psyllium Husk (psyllium hydrophilic mucilloid), polyethelene glycol, and povidone.