

swanson.com
or call 1-800-437-4148

- Supports bowel regularity
- Helps with occasional constipation
- May support blood sugar balance
- Helps maintain healthy cholesterol levels

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two capsules two times per day with 8 ounces of water.

WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

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.



Tri-Fiber Complex

Digestive Health

PSYLLIUM, OAT BRAN AND APPLE PECTIN

DIETARY SUPPLEMENT | 100 CAPSULES

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 50

Amount Per Serving		% Daily Value
Calories	5	
Total Carbohydrate	1 g	0%
Dietary Fiber	<1 g	2%
Psyllium husk Powder	750 mg*	
Oat (<i>Avena sativa</i>) Bran	710 mg*	
Apple Pectin Powder	40 mg*	

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

Other ingredients: Gelatin, silica, magnesium stearate, rice flour.

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