

LOVE & CONSCIOUSNESS IN ACTION:

Whole herb solutions for healthy conscious living,
grown sustainably by small family farmers
using regenerative organic agriculture.

Pictured on the front is one of our beloved farmers.

VEGAN • VEGETARIAN • GLUTEN FREE


**ORGANIC
INDIA**^{TM/MC}



PSYLLIUM is an excellent source of natural dietary fiber.

- Promotes healthy elimination & regularity*
- Contains both soluble & insoluble fiber
- Supports the entire gastrointestinal system*
- The soluble fiber from **PSYLLIUM**, along with a healthy diet low in saturated fat and cholesterol and high in fruits, vegetables, and grain products that contain fiber, may reduce the risk of heart disease.**

ORGANIC INDIA'S Whole Husk PSYLLIUM is 98% Pure Extra White the highest grade psyllium available on the market!

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

DIETARY SUPPLEMENT
NET WT. 12 OZ (340g)



PRODUCT OF INDIA FOR EXPORT
DIST. BY: ORGANIC INDIA, USA
BOULDER, CO 80301 USA
1-888-550-8332
OrganicIndiaUSA.com

MFG. BY: ORGANIC INDIA PVT. LTD.
Factory: C-5/10, Agro Park Phase -II,
UPSIDC Industrial Area, Kursi Road,
Barabanki - 225302, U.P., India



Certified Organic by
Control Union-801983



Product produced and processed according
to NPOP standard of India & USDA-NOP

STORE IN A COOL DRY PLACE
FOR MFD., BATCH NO. &
BEST FOR USE BEFORE SEE BOTTOM

Supplement Facts

Serving Size 1 tablespoon (5g)
Servings Per Container 68

Amount Per Serving	% Daily Value
Calories 18	
Total Carbohydrate 4g	1%
Dietary Fiber 4g	16%
Soluble Fiber 3g	†
Insoluble Fiber 1g	†
Organic Whole Husk Psyllium (seed husk) (<i>Plantago ovata</i>) 5g*	†

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

†Daily Value not established

ORGANIC INDIA psyllium is pharmaceutical grade and contains no added sugar, sodium, cholesterol, fat, or additives.

SUGGESTED USE: Adults and Children over 12 years: One serving per day. Best taken before or between meals.

DIRECTIONS: Mix 1 tablespoon with at least 10 oz of water, juice or your favorite beverage. Stir and drink immediately. If too thick, add more liquid and stir. Drinking an additional glass of water afterwards is advisable to ensure hydration.

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



FOR HEART HEALTH: Soluble fiber from foods such as psyllium as a part of a diet low in saturated fat and cholesterol and high in fruits, vegetables, and grain products that contain fiber, may reduce the risk of heart disease. A serving of psyllium provides 3 grams of the 7 grams of soluble fiber from psyllium necessary per day to have this effect.

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