

Directions: Adults and children 12 years and over: 3 capsules 1 to 3 times daily. **Children under 12:** consult a doctor. Take this product with at least 8 oz. (a full glass) of liquid. Taking without enough liquid may cause choking.

Distributed by:
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Questions or Comments? +1-410-822-5192
8:30 a.m. to 5 p.m. ET.

Store in a cool, dry place after opening.

HOME DELIVERY.
A CLICK AWAY!



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Konsyl®

DAILY PSYLLIUM FIBER CAPSULES

with All-Natural Psyllium

Vegan | Keto Friendly | Non GMO

Dietary Supplement | 200 Veg Capsules

**500
mg**

**TAMPER EVIDENT: DO NOT USE IF PRINTED INNER
SEAL UNDER CAP IS BROKEN OR MISSING**

Supplement Facts

Serving Size 3 Veg 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 (1,500 mg)	†

** 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).

Notice: This product should be taken with at least a full glass of liquid. Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.