

SOURCE NATURALS®



DIETARY SUPPLEMENT

PSYLLIUM HUSK

PREMIUM DIETARY FIBER*

NET WT. 12 OZ. (340 GRAMS)

POWDER



Supplement Facts

Serving Size 1 Rounded Teaspoon (5 grams)

Servings Per Container 68

	Amount Per Serving	%DV
Calories	15	
Total Carbohydrate	4 g	1%*
Dietary Fiber	4 g	14%*
Soluble Fiber	4 g	†
Psyllium Seed Husk	5 g	†

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

Psyllium seed husk is an excellent, low caloric source of soluble dietary fiber. One serving of Source Naturals **PSYLLIUM HUSK** provides four grams of soluble fiber and consumption of seven or more grams of soluble fiber from psyllium seed husk per day, in association with a diet low in saturated fats and cholesterol, may reduce the risk of coronary heart disease. Psyllium seed husk may also support a healthy digestive system and encourage healthy bowel movements. Source Naturals uses only the husk of the seed, as it is a much better fiber source than the whole seed.*

Suggested Use: 1 to 2 times daily, briskly stir 1 rounded teaspoon (5 g) in 8 ounces of liquid. Drink immediately, before the liquid begins to gel. Suitable for adults and children 4 years and over.

NOTE: Take this product with a full 8 ounce glass of liquid. If you do not drink enough liquid, the product may swell in the throat, causing blockage or choking. Avoid use if you have ever had throat or swallowing problems. Seek immediate medical help if pain or swelling/breathing difficulties occur.

NOTICE TO NEW USERS: A small percentage of individuals, such as nurses and other health care providers whose occupations expose them to psyllium dust, may develop a sensitivity to psyllium. This sensitivity may result in an allergic reaction.

WARNING: If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

STORE IN A COOL, DRY PLACE.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

Suitable for vegetarians. Contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

*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.

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FG-108724 BEST IF USED BY 11 22

Manufactured for:
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