

Keep tightly closed in a cool, dry place, out of the reach of children.



EGG FREE



GLUTEN FREE



FREE OF NUTS



DAIRY FREE



DIETARY SUPPLEMENT

Organic Psyllium Husk Powder

Manufactured in a GMP Compliant Facility
Metabolic Maintenance®
601 N Larch Street, Sisters, Oregon 97759
Contact # 800-772-7873
MetabolicMaintenance.com



454 g / 1 lb 150 SERVINGS

DIRECTIONS: Mix one (1) scoop (3 g) into 8 oz. of water, juice or beverage of choice, one to three times daily as a dietary fiber supplement. Drink immediately.

Supplement Facts

Serving Size: 1 scoop (3 g)

Servings Per Container: 150

Amount Per Capsule	% Daily Value*	
Calories	9	
Total Carbohydrate	2.5 g	1%
Dietary Fiber	2.5 g	9%
Soluble Fiber	2.2 g	
Organic Psyllium Seed Husk Powder	3 g	**

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

** Daily Value not established for this ingredient.

11