

SOURCE NATURALS®



DIETARY SUPPLEMENT

GUAR GUM

DIETARY FIBER

NET WT. 16 OZ. (454 GRAMS)

Supplement Facts

Serving Size 1 Level Teaspoon (approx. 3 grams)
Servings Per Container 151

Amount Per Serving	%DV
Calories	10
Total Carbohydrate	3 g 1%*
Dietary Fiber	3 g 11%*
Guar Gum	3 g †
(Cyamopsis tetragonoloba)	

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

†Daily Value not established.

Suggested Use: 1 to 3 times daily, briskly stir one level teaspoon in 8 ounces of liquid (for children, 1/2 teaspoon in 4 ounces of liquid). Drink immediately, before the liquid begins to gel.

Guar gum is a source of soluble dietary fiber.

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

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.

SN0670 REV G201

FG-106137 BEST IF USED BY 6/21

Manufactured for:
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