

SUGGESTED USE: FOR OCCASIONAL USE ONLY: 1 to 3 capsules twice daily with 8 ounces of water or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dose. 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 swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Read and follow directions carefully. This product is not intended for pregnant or nursing mothers or children under the age of 18. Do not use this product if you have abdominal pain, diarrhea or loose stools. Rectal bleeding and / or failure to have a bowel movement after the use of a laxative formula may be an indication of a more serious condition. Should this occur, or if you have a known medical condition and are taking medication, consult your physician prior to taking this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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.



DIETARY SUPPLEMENT
120 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Psyllium Husk	725mg *
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*Daily Value not established.

Other ingredients: Gelatin, vegetable magnesium stearate and silicon dioxide.

**KEEP OUT OF THE REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS DAMAGED
OR MISSING.**

STORE IN A COOL, DRY PLACE.

5539-VLI090-120

MANUFACTURED FOR:

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