

DIRECTIONS: Take one (1) rounded teaspoon (5 g) daily. Start by taking one (1) serving each day. Gradually increase to three (3) servings per day if needed. Stir powder briskly into at least eight (8) ounces (full glass) of liquid.

Juice, water, soy or rice drink, and milk are good with Psyllium Husks Powder. For easiest mixing, shake in a closed jar. Drink immediately. If product is too thick when consuming, add more liquid and stir. Drinking additional liquid is helpful. If minor gas or bloating occurs, reduce the amount you take until your system adjusts.

WARNING: Psyllium Husks should be taken with at least a full glass of liquid. Psyllium Husks without a full glass of liquid may cause choking. Do not use this product if you have difficulty swallowing. Consult your physician prior to use if you are pregnant or nursing.

▼ 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.

**STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH
OF CHILDREN.**

TAMPER EVIDENT
Do not use if outer seal
is broken or missing.

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THE VITAMIN SHOPPE®

PSYLLIUM HUSKS POWDER

promotes regularity▼

digestive support▼

SPECIALTY

Dietary Supplement

Net. Wt. 12 oz. (340 g)



Gluten-Free



Dairy-Free



Soy-Free



Nut-Free

Supplement Facts

Serving Size 1 Rounded Teaspoon (5 gram)
Servings Per Container About 68

	Amount Per Serving	% Daily Value
Calories	20	
Total Carbohydrate	3 g	1% [†]
Dietary Fiber	3 g	11% [†]
Total Sugars	0.5 g	*
Psyllium Husk Powder (<i>Plantago ovata</i>)(husk)	5 g	*

[†] Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

OTHER INGREDIENTS: None.