

Directions: As a dietary supplement, take one capsule daily or as directed by your healthcare practitioner.

PURE HERBS, LTD.™
Natural Herbal Extracts

Supplement Facts

Serving Size: 1 Capsule
Servings per container: 200

Amount Per Serving		%DV
Psyllium (<i>Plantago ovata</i> , seed husk)	350 mg	†

† Daily Value (DV) not established

Other Ingredients: Gelatin.

NOTICE: This product should be taken with at least a full glass of liquid. Without drinking enough liquid the product may swell in the throat, causing blockage or choking. Avoid use if you ever had esophageal narrowing or swallowing difficulties.

Psyllium Husk

Dietary Supplement

200 Capsules

KEEP OUT OF REACH OF CHILDREN

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