

Hildegard's Original Psyllium has been passed down over centuries in Germany to promote digestion, balance appetite, and support healthy fasting.* Among Hildegard's favorite herbs, the combination with Pellitory contributes to vitality and nutrient absorption.* We use the finest quality ingredients inspired by the founder of alternative medicine, Hildegard von Bingen.

PSYLLIUM WITH PELLITORY



Directions:

For adults, take 1 capsule, one to three times daily, with at least 8 ounces of water or other fluid. Taking this product without enough liquid may cause choking. Do not take before bedtime.

Recommended Use:

Adults take 1 capsule with 8 oz water, 1 to 3 times daily.

Supplement Facts

Serving Size: 1 capsule
Servings per Container: 60

Amount Per Serving	% Daily Value
Psyllium Husk (Plantago ovata) (seed husk) 675 mg	**
Pellitory (Anacyclus pyrethrum) (root) (Akarkara) 35 mg	**

**Daily Value not established

Other Ingredients: Vegetable Cellulose
Contains <2% of: Silica, Vegetable Magnesium Stearate.

* 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.