

TAMPER EVIDENT SEAL UNDER CAP. DO NOT USE IF BROKEN.

SUGGESTED USE

Mix 1 heaping tablespoon with 8oz of water and drink immediately, up to 3 times daily. New Users: Start with 1 heaping tablespoon daily and gradually increase to 3 tablespoons daily. If Minor Bloating Occurs: reduce intake by half and increase gradually. For Weight Management: Take one serving, one hour before every meal. This may help you feel less hungry.*

GOOD FOR YOUR HEART

Soluble fiber from foods such as Psyllium Husk, as a part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Every Day Fiber supplies 4g of the 7g of soluble fiber from Psyllium Husk necessary per day to have this effect.

NEED SOMETHING STRONGER?

Try adding our Herbal Detox+™ or Super Colon Cleanse® ... and feel the difference.*

48
SERVINGS

Fill controlled by weight not volume.

In case of disposal, place in trash and avoid disposal in any plumbing system.

 HealthPlus®

**NEW
LOOK**
SAME GREAT
FORMULA

EVERY DAY FIBER™



Natural Psyllium Husk
Supports Heart Health*
Helps Maintain Regularity*

Net Wt. 12 oz (340 g)
Dietary Supplement

Supplement Facts

Serving Size: 1 Heaping Tablespoon (7g)
Servings Per Container: 48

| | Amount Per Serving | % Daily Value |
|--------------------|--------------------|---------------|
| Calories | 25 | |
| Total Carbohydrate | 6g | 2%** |
| Dietary Fiber | 5g | 22%** |
| Soluble Fiber | 4g | † |
| Iron | 0.8g | 4% |
| Psyllium Husk | 7g | † |

**Percent Daily Values are based on a 2000 calorie diet.
† Daily Value not established.

*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.

For California Residents Only: ⚠️ **WARNING:** This product can expose you to lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

NOTICE: This dietary supplement should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not use this product if you have difficulty swallowing.

A SIMPLE PROMISE

It all starts with integrity. We never create anything that we wouldn't use ourselves or give to our own children.



Manufactured by:
 HealthPlus



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