



**NEW
LOOK**
SAME GREAT
FORMULA

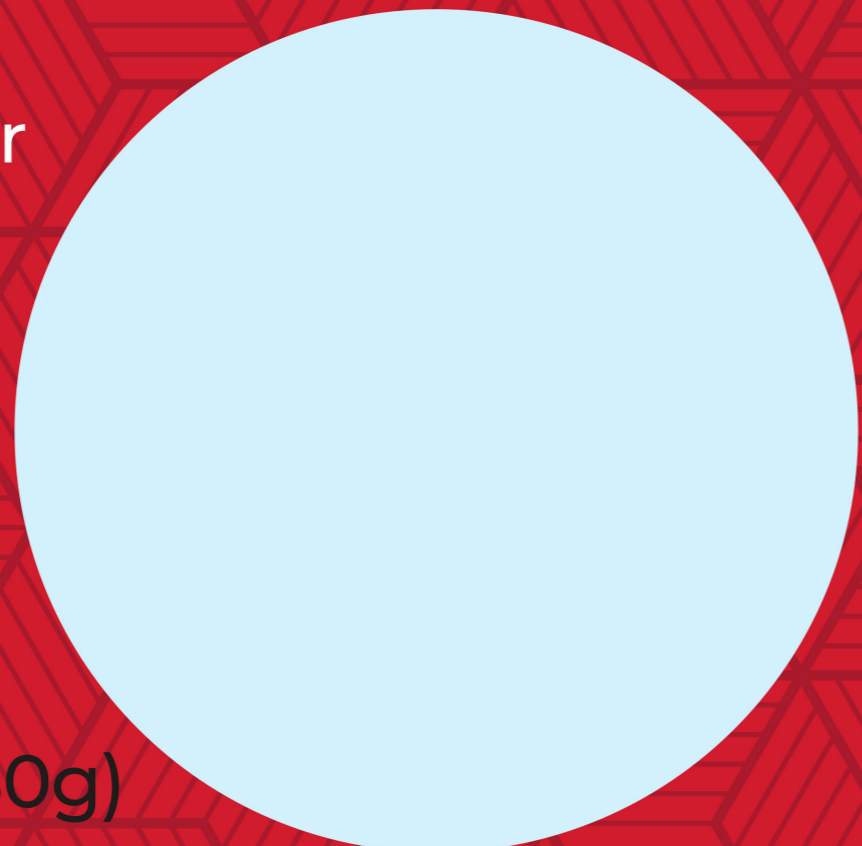
PSYLLIUM HUSK

Natural Daily Fiber
for Regularity*

Promotes
Digestive Health*

Gentle Internal
Cleansing*

NET WT 24oz (680g)
Dietary Supplement



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.*

Supplement Facts

Serving Size: 1 Heaping Tablespoon (7g)
Servings Per Container: 96

	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.

Fill controlled by weight not volume.
In case of disposal, place in trash and avoid disposal in any plumbing system.

A SIMPLE PROMISE

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



96
SERVINGS

Manufactured by:
 HealthPlus
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