

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

NOTICE: Take this product with at least 8 ounces of water or other fluid. Taking this product without adequate fluid may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Do not take before bedtime. Fiber products can affect the absorption of many medications. Do not take this product within 2 hours of taking medications.



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO REORDER ITEM # 3244
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
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HERBAL EASE®

PSYLLIUM HUSKS 500MG

**Supports Digestive &
Colon Health***

**400 RAPID RELEASE
CAPSULES** | **Dietary Fiber
Supplement**

DIRECTIONS: For adults, take six (6) capsules daily, with at least 8 ounces of water or other fluid.

Supplement Facts

Serving Size 6 Capsules
Servings Per Container 66

Amount Per Serving		%Daily Value
Calories	15	
Total Carbohydrate	3 g	1%**
Dietary Fiber	3 g	11%**
Sodium	5 mg	<1%
Psyllium Husk (Plantago ovata) (seed husk)	3,000 mg	***

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

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

No Artificial Color, Flavor or Sweetener, No Sugar, No Starch, No Milk,
No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish.