

CAPSULE SIZE

Made in the USA



CODE 5973 V3

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

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

*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.

SUGGESTED USAGE: As a dietary supplement, take 2 capsules with an 8 oz. glass of liquid, 2 to 3 times daily.

Surveys have shown that the fiber content of the American diet is typically about half of government recommended levels. Psyllium Husks and Apple Pectin can be a convenient way to increase the intake of dietary fiber. Psyllium has the ability to swell up to 50 times its initial volume when added to liquid. This bulking action can play an important role in maintaining regularity and gastrointestinal health.*



Psyllium Husk Caps

INTESTINAL HEALTH

700 mg

With 50 mg of Apple Pectin

• Helps Maintain Regularity*

180 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 2 Capsules

Servings Per Container 90

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	< 1%*
Dietary Fiber††	1 g	4%*
Psyllium Husk Powder (Seed)	1.4 g (1,400 mg)	†
Apple Pectin Powder	100 mg	†

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

† Daily Value not established.

Other ingredients: Gelatin (capsule), Magnesium Stearate (vegetable source), Stearic Acid (vegetable source) and Silica.

Manufactured by NOW FOODS

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For more product information visit www.nowfoods.com/5973

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

††Fiber is not digested, therefore this product has no caloric effect.

Store in a cool, dry place after opening. Please Recycle.