

Suggested Use: **Day 1:** Take 2 capsules in the morning, and 2 capsules at night. **Day 2 and on:** Take 3 capsules in the morning and 3 capsules at night. Up to 3 capsules, 3 times daily can be used. Once desired results are achieved maintain that usage level.

The fiber found in Regulate-GI helps maintain regularity by its unique biphasic capabilities, meaning it can both loosen or firm stools, depending on how much is consumed*. It is important to start low and increase slowly until you find what works best for your regularity.*

Caution: For adults only. Consult a physician if pregnant or 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.

PESCIENCE

Regulate-GI

BIPHASIC FIBER CAPSULES

FORMULATED FROM SCIENCE*

- Supports bowel regularity*
- Unique biphasic ability for optimal results*
- Quality tested. Vegan

200
CAPSULES

DIETARY SUPPLEMENT

1 g
Soluble
Fiber

200
Capsules

Supplement Facts

Serving Size 3 Capsules Servings Per Container 66

	Amount Per Serving	% Daily Value
Calories ††	5	
Total Carbohydrate	1.3 g	< 1%**
Dietary Fiber	1.1 g	4%**
Soluble Fiber	1.0 g	†
Insoluble Fiber	0.1 g	†
Organic Psyllium Husk Powder (Husk/Seed)	1.5 g	†

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

† Daily Value not established.

Other ingredients: hypromellose (cellulose capsule) and stearic acid

††Fiber is not digested, thus has no calorie effect.

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pescience.com/difference

