Suggested Use: As a dietary supplement, take one capsule after meal with a glass of water (300 ml) at night time, once a day.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool dry place below 30°C (86°F) and avoid exposure to sunlight.

Choking: Choking Hazard. Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

Manufactured at a **GMP** certified facility exclusively for:

FKC International, Inc.

21015 Pathfinder Road, Suite 140

Diamond Bar, CA 91765



4004





Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 45

Amount per Serving		%DV/RDI^
Psyllium Husk Extract (NLT 85% Psyllium) (Plantago ovata)	500 mg	*
Grapefruit 4:1 Extract (Citrus paradisi)	60 mg	*
Turmeric Root Extract (NLT 95% Curcumins) (Curcuma longa)	20 mg	×
Chamomile Flower 4:1 Extract (Matricaria recutita)	14 mg	*

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

Other Ingredients: Brown Rice Flour, Gelatin, Maltodextrin, Magnesium Stearate, Silicon Dioxide, Titanium Dioxide, FD&C Blue #1, and Water.

Warning: If you are pregnant, lactating, or have serious medical conditions, you should not use this product before consulting a physician.

Notice: Take with a full glass (300 ml) of liquid per serving. Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing. See choking warning.

^{*} Daily Value and/or Recommended Daily Intake not established.