

AT THE HEART OF ORGANIC INDIA

is our commitment to be a living embodiment
of love and consciousness in action.

All our products promote health and happiness
and are made with loving care.



Ethical, Authentic, Reliable, Trustworthy, Holistic
Socially, Environmentally, Economically Responsible

ORGANIC INDIA PSYLLIUM is an excellent source of both soluble
and insoluble natural dietary fiber.

- Helps maintain healthy elimination and regularity*
- Promotes appetite control*
- Supports the entire gastrointestinal system*
- Never treated with toxic pesticides or chemicals

Research shows that the soluble fiber from **PSYLLIUM**, along with
a healthy diet low in saturated fat and high in fruits, vegetables,
and grain products that contain fiber, may reduce the risk of heart
disease***

SUGGESTED USE: Adults and Children over 12 years:
1-2 Serving per day. Best taken before or between meals.

DIRECTIONS: Mix 1 tablespoon with at least 10 oz of water, juice or your
favorite beverage. Stir and drink immediately. If too thick, add more liquid
and stir. Drinking an additional glass of water afterwards is advisable to
ensure hydration.

➤ We Wish You a Life of Good Health and Happiness ➤

For exciting recipes, visit organicindiausa.com
or find us on social @organicindiausa
#healthyconsciousliving

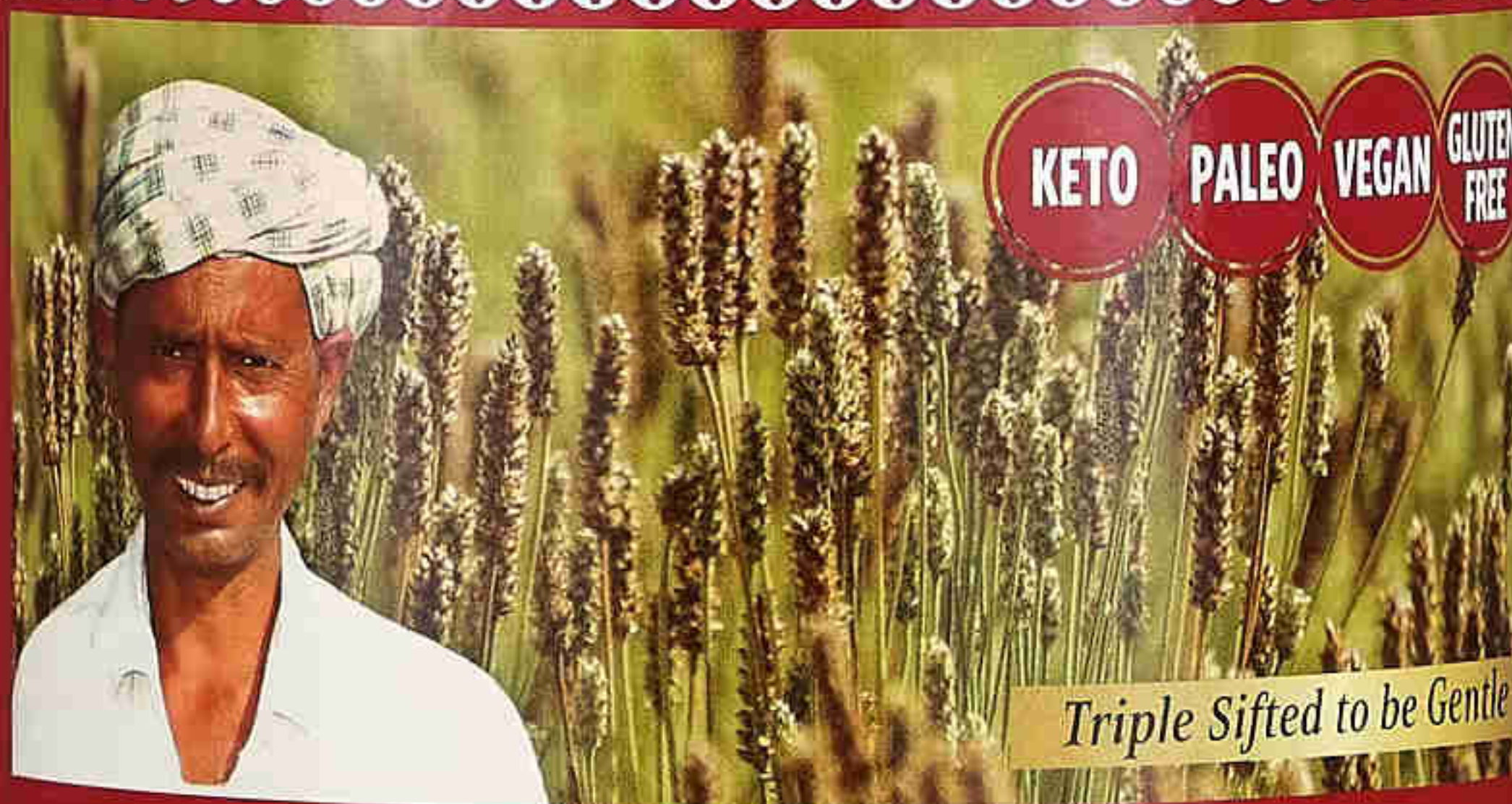


Scan for
recipes and
information

PLEASE NOTE: This product needs to be consumed with at least 10 oz. of liquid.
Using this product without enough liquid may cause choking.
Do not use this product if you have difficulty in swallowing.



ORGANIC INDIA®



PSYLLIUM

Whole Husk Fiber

CERTIFIED ORGANIC

DIETARY SUPPLEMENT

NET WT 12 OZ (340g)



HEALTHY CONSCIOUS LIVING

Supplement Facts

Serving Size 1 tablespoon (5g)

Servings Per Container 68

Amount Per Serving	% Daily Value
Calories 18	
Total Carbohydrate 4g	1%*
Dietary Fiber 4g	16%*
Soluble Fiber 3g	†
Insoluble Fiber 1g	†
Organic Whole Husk Psyllium (seed husk) (<i>Plantago ovata</i>) 5g	†

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

† Daily Value not established

Manufactured by: **ORGANIC INDIA Pvt. Ltd.**
C-5/10, Agro Park Phase-II, UPSIDC Industrial
Area, Kursi Road, Barabanki-225302,
Uttar Pradesh, INDIA



Certified Organic by Control Union-CU
801983 Product produced and processed
according to NPOP standard of India &
USDA-NOP www.controlunion.com

NPOP/NAB/0010

Distributed by: **ORGANIC INDIA USA**
Boulder, CO 80302 USA 1-888-550-8332
organicindiaUSA.com

PRODUCT OF INDIA FOR EXPORT TO USA

FOR MFD., BATCH NO. &
BEST FOR USE BEFORE SEE BOTTOM

VEGAN • VEGETARIAN • GLUTEN FREE

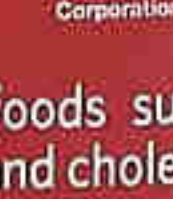
****FOR HEART HEALTH:** Soluble fiber from foods such as
psyllium as a part of a diet low in saturated fat and cholesterol
and high in fruits, vegetables, and grain products that contain
fiber, may reduce the risk of heart disease. A serving of psyllium
provides 3 grams of the 7 grams of soluble fiber from psyllium
necessary per day to have this effect.

➤ Pictured on the front is one of our beloved farmers. ➤

WARNING: Reproductive Harm - www.P65Warnings.ca.gov.

*These statements have not been evaluated by the Food & Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

CONSUME WITHIN 2 MONTHS AFTER OPENING.
STORE IN A COOL, DRY PLACE AWAY FROM SUNLIGHT.



Mfg. Lic. No. A-2755

