

Suggested Use: As a dietary supplement, adults take three (3) capsules with 8 oz. of water, 2 to 3 times daily or as directed by a healthcare professional. Store in a cool, dry place and away from direct light.

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.

Caution: Consult your physician before use if you are pregnant, nursing, have a medical condition, taking any medications, or are planning any medical or surgical procedures. Keep out of reach of children.

For serious adverse event reporting call (877) 455-2826.

*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.



NATURAL GROCERS
By Vitamin Cottage

PSYLLIUM SEED

1500 MG

Gastrointestinal Support*

90 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrates	1.3 g	<1%**
Dietary Fiber	1 g	3.6%**
Soluble Fiber	1 g	†
Psyllium (<i>Plantago ovata</i>) Seed Powder	1.5 g (1500mg)	†


† Daily Value not established

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

Other Ingredients: Hypromellose (cellulose capsule), microcrystalline cellulose, silica and stearic acid.

Manufactured for:
Vitamin Cottage Natural Food Markets, Inc.
Lakewood, CO 80228 • www.naturalgrocers.com

Made Without: Sugar, salt, dairy, yeast, wheat, gluten, corn, soy, artificial preservatives, magnesium stearate, artificial colors or flavors.

 Made in a U.S. facility from global ingredients.

CAPSULE SIZE

