

NATURE'S BEST KEPT SECRET!

At **HERBAL SECRETS®**, we are committed to bringing you the gift of herbal supplements in their purest form, just as Mother Nature intended.

CAUTION: This product should be consumed with at least a full glass of liquid. Using this product without enough liquid may cause choking. Do not use if you have difficulty in swallowing. Consult a physician before use if pregnant or nursing, taking medication, planning a medical procedure or have a medical condition. **KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

* 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.

CONTAINS NO ADDED: Sugar, Sodium, Sholesterol, Fat, or Additives.

WARNING: This product can expose you to chemicals including Lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov.



NATURAL DIETARY SUPPLEMENT

Organic Whole Psyllium Husk

Certified Organic Fiber

5G
PER SERVING



136
SERVINGS

NET WT. 24 OZ (680 G)

Nutrition Facts

136 servings per pouch

Serving size 1 tbsp (5g)

Amount per serving

Calories 18

% Daily Value*

Total Carbohydrate 4g 1%

Dietary Fiber 4g 16%

Soluble Fiber 3g

Insoluble Fiber 2g

Organic Whole Psyllium Husk 5g **
(*Plantago ovata*) (seed husk)

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

** Daily Value not established

INGREDIENT: Pharmaceutical Grade Organic Psyllium Husk

SUGGESTED USE: ADULTS AND CHILDREN OVER 12 YEARS: One serving per day, best taken before or between meals.

DIRECTIONS: Mix one (1) tablespoon with at least 10 ounces 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.

RAW

VEGAN



Manufactured for & Distributed by:
HERBAL SECRETS®

An FDA Regulated Facility
190A Jomy Drive, Carlstadt, NJ 07072, USA
Certified Organic by: Natural Food Certifiers