

DIRECTIONS: For Adults, as a dietary supplement, take one (1) rounded teaspoon, one to three times daily. Start taking one (1) serving each day. Gradually increase to three (3) servings per day if needed. Stir powder briskly into at least eight (8) ounces of liquid. Juice, water, soy or rice drink and milk are good with Psyllium Husks Powder. For easiest mixing, shake in a closed jar. Drink immediately. If product is too thick when consuming, add more liquid and stir. Drinking additional liquid is helpful. If minor gas or bloating occurs, reduce the amount you take until your system adjusts.

TAMPER EVIDENT: Do not use this product if imprinted foil seal under cap is broken or missing. Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs). Keep tightly closed. Store at room temperature 59°-86° F (15°-30° C).

KEEP OUT OF REACH OF CHILDREN.
WARNING: If you are pregnant or nursing, consult your physician before taking this product. Psyllium Husks should be taken with at least a full glass of liquid. Taking Psyllium Husks without a full glass of liquid may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

* 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.

**WONDER**
Laboratories®
FORMULA 232
PSYLLIUM HUSKS
POWDER
INTESTINAL HEALTH & COLON CARE
Supports Healthy Regularity *
Gluten Free Dietary Supplement
Net Wt 12 oz (340 g)

Supplement Facts
Serving Size 1 Rounded Teaspoon
Servings Per Container 68

Amount Per Serving	% DV
Calories	3.5
Total Carbohydrates	0.4 g 0%**
Dietary Fiber	3.5 g 14%**
Soluble Fiber	2.1 g ***
Insoluble Fiber	1.4 g ***
Psyllium Seed Husks (5000 mg)	5 g ***

**Percent Daily Values based on a 2,000 calorie diet.
*** Daily Value not established.

NOTICE: This product is sold by weight and not by volume. You can be assured of proper weight even though some settling of contents may occur during shipping and handling.
Distributed by: **Wonder Laboratories®**
115 S.C.T. Ct., White House, TN 37188
Rev. #01
Made in USA