

SUGGESTED USE: FOR OCCASIONAL USE ONLY: 3 capsules taken 1 to 2 times daily with 8 ounces of water or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dose. This product should be consumed with at least a full glass of liquid. Consuming this without enough liquid may cause choking. Do not consume 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. Read and follow directions carefully. This product is not intended for pregnant or nursing mothers or children under the age of 18. Do not use this product if you have abdominal pain, diarrhea or loose stools, Rectal bleeding, abdominal cramping, and / or failure to have a bowel movement after the use of a laxative formula may be an indication of a more serious condition. Should this occur, or if you have a known medical condition and are taking medication, consult your physician prior to taking this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.



PSYLLIUM HUSK Dietary Fiber

2175 MG PER
SERVING

- ✓ Supports Regularity
- ✓ Supports Digestion



Premium
Ingredients

Supplement Facts

Serving Size 3 Capsules
Servings Per Container: 40

Amount Per Serving	%Daily Value	
Calories	10	
Total Carbohydrates	3 g	1%†
Dietary Fiber	1 g	4%†
Psyllium Husk Powder (hulls)	2175 mg	*

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

Other ingredients: Gelatin (bovine), vegetable magnesium stearate, and silicon dioxide.

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.

Manufactured for
PureMax Labs
949-371-5530
Costa Mesa, CA 92626
PureMaxLabs.com

120

Capsules

Dietary Supplement

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.