#### 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



#### PREBIOTIC FIBER

Supports Heart Health\*\*

Nourishes beneficial gut bacteria\*

### **AYURVEDIC HERBS**

Improves digestion and nutrient assimilation\*

Includes soothing Chandrashoor seeds\*

#### **PROBIOTICS**

Supports a healthy gut microbiome\*

Supports immune health'

Heat-stable B. coagulans great for baking



\* SUGGESTED USE: Persons 12 years and older: 1-2 servings daily before or between meals.

DIRECTIONS: Blend 1 tsp into a smoothie or mix 1 tsp with at least 10oz of water or juice. Stir and drink immediately. Mixture will thicken - increase liquid to achieve desired consistency. For best results, drink an additional glass of water after taking to with TRIPHALA ensure hydration.

#### Vegan Egg Replacement:

For baking, mix 1 tsp per egg in with dry ingredients and omit eggs.

#### **VEGAN • VEGETARIAN • GLUTEN FREE**

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.

organicindiausa.com (O)

@organicindiausa



Scan for recipes

#healthyconsciousliving

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

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.

Pictured at the front is one of our beloved farmers





## ORGANIC NDIA®

# **PSYLLIUM** PRE & PROBIOTIC FIBER

Psyllium Powder & Probiotics





Supports Digestive Health\*

Prebiotic Fiber Probiotics Ayurvedic Herbs

JETARY SUPPLEMENT WT 10 OZ (283.5g)







HEALTHY CONSCIOUS LIVING

### **Supplement Facts**

Serving Size 1 rounded tsp (5g) Servings Per Container 56

	Amount Per Serving	% Daily Value
Calories	20	
Total Carbohydrate	4 g	1%*
Dietary Fiber	3 g	11%*
Soluble Fiber	2 g	†
Insoluble Fiber	2 g	†
Iron	1 mg	5%
<b>Proprietary Blend</b>	4.9 g	†
Organic psyllium h	nusk and seed	
Organic psyllium s	eed	
Organic garden cr	ess seed	
Bacillus coagulans		
Rebaudioside A		
Organic Triphala Bl	end 200 mg	†
Organic amla fruit		
Organic belleric m	yrobalan fruit	
Organic chebulic n	nyrobalan fruit	
*Percent Daily Values a	re based on a 2 000 sale	rio diat

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

Other ingredients: Natural Orange flavor

Distr by: ORGANIC INDIA USA Boulder, CO 80302 USA 1-888-550-8332 organicindiausa.com

Mfd by: ORGANIC INDIA Pvt. Ltd. Agro Park, Phase-II, UPSIDC Industrial Area, Kursi Road, Barabanki-225302, Úttar Pradesh, INDIA



Certified Organic as per NPOP SGS INDIA PVT. LTD. Processed & produced as per NPOP standard of India



Certified Organic by Control Union CU-801983. Product produced and processed according to USDA NOP standard



\*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.

See bottom of container for lot number, manufacture ' and expiration date.



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