

SUGGESTED USE: 2 capsules daily with 8 ounces of water or as directed by a healthcare professional.

SHORT-TERM CLEANSING PROGRAM:

Days 1-5: 1 to 2 capsules of 15 Day Cleanse taken at bedtime with 8 ounces of water for up to 5 days or as directed by a healthcare professional.

Days 6-10: 2 capsules of Psyllium Husk taken at bedtime with 8 ounces of water.

Days 11-15: If needed, repeat 1 to 2 capsules of 15 Day Cleanse taken at bedtime with 8 ounces of water for up to 5 days or as directed by a healthcare professional.

Days 16-30: 2 capsules of Psyllium Husk taken at bedtime with 8 ounces of water.

Do not repeat cleansing program for at least 6 to 8 weeks.

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.

**GMO
FREE**



DIETARY SUPPLEMENT

PSYLLIUM HUSK

DIGESTIVE HEALTH SUPPORT

• 1450MG PER SERVING

60 CAPSULES



Supplement Facts

Serving Size 2 Capsules
Servings Per Container: 30

Amount Per Serving	%Daily Value
Psyllium Husk Powder (hulls)	1450mg *

*Daily Value not established.

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

KEEP OUT OF THE 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.

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