

Psyllium Fiber

Fiber Supplement Capsules

 **Supports Digestion and Regularity***

100% NATURAL
PSYLLIUM HUSK



400
CAPSULES
ACTUAL SIZE

*See back for information about soluble fiber and heart disease



COMPARE TO
METAMUCIL® 3 IN 1
FIBER CAPSULES™

HELPS MAINTAIN HEALTHY
BLOOD SUGAR LEVELS*

HELPS MAINTAIN HEALTHY
CHOLESTEROL LEVELS
TO PROMOTE HEART
HEALTH†

*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.



TAMPER EVIDENT: DO NOT USE IF PRINTED INNER SEAL UNDER CAP IS BROKEN OR MISSING

Supplement Facts	
Serving Size 5 Capsules	
Servings per container 80	
Amount per serving	% DV
Calories 5	
Total Carb 2 g	<1% **
Dietary Fiber 2 g	7% **
Soluble Fiber 2 g	††
Protein less than 1 g	
Iron 0.4 mg	2%
Potassium 25 mg	1%
**Percent Daily Values (%DV) are based on a 2,000 calorie diet.	
††Daily Value (DV) not established.	

Ingredients: Psyllium husk, gelatin, polysorbate 80, shellac, red iron oxide, propylene glycol

DISTRIBUTED BY:
SAM'S WEST, INC.
BENTONVILLE, AR 72716

Product of India, bottled in the USA

GLUTEN FREE

(May contain trace amounts less than 20 ppm). If you have specific dietary needs, you should consult your doctor before consuming this product.

145T 0724

For adults 12 years and older

HELPS SUPPORT:

DIGESTIVE HEALTH* by promoting regularity	2 to 5 capsules up to 4 times per day	Swallow 1 capsule at a time and take in an upright position
HEART HEALTH†† By lowering cholesterol	5 capsules up to 4 times per day	
HEALTHY BLOOD SUGAR LEVELS* take before each meal	5 capsules 4 times per day	

†Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in this product, may reduce the risk of heart disease by lowering cholesterol. One serving of this product has 1.8 grams of this soluble fiber.

NEW USERS: Start with one serving per day; gradually increase to desired daily intake. You may experience changes in bowel habits/minor bloating, as your body adjusts to increased fiber intake.

NOTICE: Take this product with at least 8 oz (a full glass) of liquid. Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing.

This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.

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†This product is not manufactured or distributed by Procter & Gamble, distributor of Metamucil® 3 in 1 Fiber Capsules™