

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 4 or 5 capsules, one to three times a day. Take with food. For children 6-12: Do not take capsules. Psyllium Husks in powder form is recommended for ease of use. Start by taking 1 serving each day. Gradually increase to 3 servings per day if needed. **Swallow one capsule at a time.** Take each serving with **at least 8 ounces** (a full glass) of water or other liquid. Drinking additional liquid is helpful. If minor gas or bloating occurs, reduce the amount you take until your system adjusts. For best results, use daily as long as desired.

As with all bulking fiber supplements, do not take within 1 to 2 hours of prescription medications. If you are taking medication or are under a doctor's care, consult a health professional before use.

Store at room temperature below 86°F(30°C). Keep lid tightly closed to protect from humidity.

QUALITY ASSURANCE: Yerba Prima's products are made only from premium quality ingredients. This product has no added sugar, artificial flavor, artificial color, binders or fillers.

Note: All psyllium husk products, and most agricultural products, contain some chemicals that the plants absorb from the soil.

INGREDIENTS: Psyllium seed husks, cellulose capsule. Note: The carbohydrate in this product is primarily non-digestible fiber; digestible carbohydrate is less than 1/2 gram per serving.

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Made in U.S.A.

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Come visit us at our web site:
www.yerbaprima.com

Supplement Facts

Serving size 4 capsules
Servings per container: 45

Amount per serving	% Daily Value*
Calories 8	
Total Fat 0 g	0%
Total Carbohydrate 2.2 g	<2%
Dietary Fiber 2.2 g	9%
Soluble Fiber 1.8 g	
Insoluble Fiber 0.4 g	
Sugars 0 g	
Protein 0g	
Calcium 5 mg	<2%
Sodium 2 mg	<2%
Potassium 22 mg	<2%
Psyllium seed husks	†

*Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established

Yerba Prima

PSYLLIUM HUSKS VEG CAPS

Promotes Regularity* Supports Heart Health*



Capsules From Vegetable Source
Contains No Animal Products

Natural Dietary Fiber Supplement
180 CAPSULES

Yerba Prima

Yerba Prima Psyllium Husks for Low Carb Diets: Doctors recommend psyllium husks for people eating low carb diets. Psyllium Husks are the strongest natural dietary fiber for promoting regularity and supporting heart health.* Yerba Prima Psyllium Husks are gluten free.

Yerba Prima Psyllium Husks For Regularity: Psyllium husks promote easy, healthy elimination and sweep waste out of the colon more quickly. To maintain regularity and speed waste removal, take 4 capsules 1 to 3 times a day, with meals.*

Yerba Prima Psyllium Husks For Heart Health: To help support heart health, take 5 capsules 3 times a day, with meals.*

Yerba Prima has pioneered significant advances in health enhancing products, including natural dietary fiber, internal cleansing and standardized herbs.

*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.

SAFETY SEALED: Do not use this product if printed band around cap or seal under cap is broken or missing.

CAUTION: Do not take capsules if you have difficulty in swallowing. A very small percentage of individuals, particularly health care providers who have been occupationally exposed to psyllium dust, may develop a sensitivity to psyllium. This sensitivity may result in an allergic reaction. If you experience a strong reaction, with difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Keep out of the reach of children. California residents only: Proposition 65 **WARNING:** This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm. For more information about Prop 65, see www.yerbaprima.com.

