

***This product contains ZERO NET CARBS -
100% natural fiber.**

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

G M P.
Quality

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.

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

INGREDIENTS: Psyllium seed husks, USP Kosher gelatin capsule.

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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

PSYLLIUM HUSKS CAPS

**Promotes Regularity
Supports Heart Health**

**ZERO*
CARBS**



All Natural Fiber Supplement
180 CAPSULES (625 mg each)

Doctors recommend **Psyllium Husks fiber** for people eating low carb diets. Try **Psyllium Husks Caps** for a convenient source of concentrated dietary fiber. For best results, use daily as long as desired. Yerba Prima Psyllium Husks are gluten free, with no added sweeteners, colors or additives.

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 food.

FOR HEART HEALTH: To help support heart health, take 5 capsules 3 times a day, with food.

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 4–5 capsules, one to three times a day with food. For children 6–12, Psyllium Husks in powder form is recommended for ease of use. See Directions.

DIRECTIONS: 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 oz (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.

