

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

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

QUALITY ASSURANCE: Yerba Prima's products are pure and natural and are made only from premium quality ingredients.

TAMPER EVIDENT: Do not use this product if pull tab is opened or damaged.

CAUTION: 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.

Keep tightly closed to protect from humidity. Product filled by weight, not volume. Some settling of contents may occur during shipping.

INGREDIENTS:
Psyllium seed husks.

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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 5 grams (1 tablespoon)
Servings per container: 68

Amount per serving	% Daily Value*
Calories 15	
Total Fat 0 g	0%
Total Carbohydrate 4.5 g	<2%
Dietary Fiber 4.5 g	18%
Soluble Fiber 3.5 g	
Insoluble Fiber 1.0 g	
Sugars 0 g	
Protein 0g	
Calcium 10 mg	<2%
Sodium 4 mg	<2%
Potassium 43 mg	<2%
Psyllium seed husks	†

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

† Daily Value not established.

PSYLLIUM WHOLE HUSKS

**Doctor Recommended
For Regularity*
For Heart Health***

**Colon
Cleanser**

All Natural Fiber Supplement
Net Wt 12 oz (340 g)

Doctors recommend Psyllium Husks fiber 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**, 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 1 to 3 servings per day, either with or between meals.*

FOR HEART HEALTH: To help support heart health, take 2 servings a day, with meals.*

*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.

DIRECTIONS: ADULTS AND CHILDREN OVER 12: 1 tablespoon, one to three times a day.
CHILDREN 6-12: 1 teaspoon, one to three times a day.
Stir briskly into at least 8 ounces (a full glass) of liquid. Try with juice, water, soy drink, rice drink, milk or smoothies. Start by taking 1 serving each day. Gradually increase to 3 servings per day if needed. For easiest mixing, shake in a closed jar. Drink immediately. If product is too thick when consuming, add more liquid and stir. 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, it's best not to take within 1 - 2 hours of prescription medications.

