

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: To help support heart health, take 5 capsules 3 times a day with meals. As a fiber supplement, take 5 capsules 1 to 3 times a day with meals. Start by taking 1 serving each day. After a few days, increase to 3 servings per day as 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, acacia gum, oat bran, apple fiber, apple pectin extract, USP Kosher gelatin 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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Come visit us at our web site:
www.yerbaprima.com

Supplement Facts

Serving size 5 capsules
Servings per container: 36

Amount per serving	% Daily Value*
Calories 9	
Total Fat 0	0%
Total Carbohydrate 2.7 g	<2%
Dietary Fiber 2.7 g	11%
Soluble Fiber 2.2 g	
Insoluble Fiber 0.5 g	
Sugars 0 g	
Protein 0 g	
Calcium 6 mg	<2%
Sodium 3 mg	<2%
Potassium 28 mg	<2%
Concentrated fiber blend	3.1 g†
Psyllium seed husks	
Acacia gum	
Oat bran	
Apple fiber	
Apple pectin extract	

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

† Daily Value not established.

Yerba Prima

SOLUBLE FIBER CAPS

Promotes Heart Health* Concentrated Soluble Fiber

Natural Dietary Fiber Supplement
180 Capsules

Yerba Prima

Yerba Prima Soluble Fiber Caps — Take every day to help promote heart health by supporting healthy cholesterol levels within the normal range. Help guard your heart's health with the extra nutrition provided by Soluble Fiber Caps. To help support heart health, take 3 servings a day, with meals.*

Yerba Prima Soluble Fiber Caps provides concentrated soluble fiber from multiple sources, including the two most proven sources of soluble fiber — psyllium husks and oat bran.

Yerba Prima Soluble Fiber Caps for regularity: The fiber ingredients in Soluble Fiber also help support regularity and colon health.*

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.

