

**Suggested Usage:** Vigorously mix 1-2 level tablespoons daily into at least 12 oz. of water or juice and consume immediately. Be sure to drink plenty of additional fluids throughout the day. Start with smaller amounts and gradually increase over several weeks.

Soluble fiber from foods such as psyllium seed husks, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Whole Psyllium Husks supplies 6 grams of the 7 grams soluble fiber necessary per day to have this effect.

**NOTICE:** This product should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not take this product if you have difficulty in swallowing.

Natural color variation may occur in this product.

This product is sold by weight not volume.

Store in a cool, dry place after opening.

CODE 5968B V4



Excellent Source of Fiber

**NET WT. 12 OZ. (340 g)**

Vegetarian/Vegan



# Certified Organic Whole Psyllium Husks

Soluble Fiber

Probiotics/Enzymes/Digestive

Family owned since 1968.

## Nutrition Facts

About 34 servings per container

**Serving size 2 level tbsp (10g)**

**Amount per serving**  
**Calories 35** ††

**% Daily Value**

**Total Fat** 0g **0%**

**Sodium** 10mg **<1%**

**Total Carbohydrate** 8g **3%**

Dietary Fiber 7g **25%**

Soluble Fiber 6g

Insoluble Fiber 1g

**Protein** 0g

Iron 1.7mg 10% • Potassium 97mg 2%

Not a significant source of saturated fat, *trans* fat, cholesterol, total sugars, added sugars, vitamin D, and calcium.

INGREDIENT: ORGANIC PSYLLIUM HUSKS (HUSK/SEED).

NOW FOODS, 395 S. GLEN ELLYN RD.  
BLOOMINGDALE, IL 60108, USA [nowfoods.com](http://nowfoods.com)

Certified Organic by OAI.

†† Fiber is not digested, thus has no caloric effect.

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

