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psyllium husks

Suggested Daily Intake: Take four (4) capsules daily with 8oz of water. Additional water may be helpful.

psyllium

Dosage Journalier Recommandé: Prendre quatre (4) capsules par jour avec 240ml d'eau. Boire de l'eau en quantité est utile.

semi di psillio

Consumo Quotidiano Raccomandato: Prendere quattro (4) capsule al giorno, con 240ml d'acqua. Potrebbe essere d'aiuto anche l'assunzione di ulteriori liquidi.

flohsamenschalen

Vorgeschlagene tägliche Einnahme: Nehmen Sie täglich 4 Kapseln mit 240ml Wasser ein. Mehr Wasser kann von Vorteil sein.

cáscaras de psilio

Dosis diaria recomendada: Tome cuatro (4) cápsulas diariamente con 240 ml de agua. Puede ser beneficioso beber más agua.

casca de psyllium

Dose Diária Recomendada: Tome de 1 a 4 cápsulas por dia com 40ml de água. Água adicional pode ser útil.

BIOVEA

psyllium husks

guaranteed premium quality

2000mg
dietary
supplement

180
capsules



Supplement Facts

Serving Size: Four (4) Capsules

Servings Per Container: 45

	Amount Per Serving	% DV
Calories	10	
Total Carbohydrate	2g	1%**
Dietary Fibre	2g	8%**
Blonde Psyllium (seed husks)	2000mg	*

*Daily Value (DV) not established.

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

Other Ingredients: Rice powder, cellulose, magnesium stearate.

Warning: If you are pregnant or lactating, consult a health care professional before using this product. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.

Note: It is important that you drink one to two additional glasses of water when you take this product. Inadequate fluid may cause the psyllium to expand in the throat.