

PSYLLIUM POWDER

MADE WITH ORGANIC PSYLLIUM HUSK

with 8g
of soluble
fibre per
serving

336 GRAMS (11.8 oz)
Dietary Supplement



Supplement Facts

Serving Size: 2 Tablespoons (12g)
Servings Per Container: 28

Typical Amount Per Serving		% DV
Calories	50	
Total Carbohydrate	10g	3%**
Dietary Fibre	10g	40%**
Soluble Fibre	8g	*
Insoluble Fibre	2g	*
Sodium	15mg	1%**
Organic Psyllium Whole Husk (<i>Plantago ovata</i>)	12g	*

* Daily Value (DV) not established
** Percent Daily Values are based on a 2,000 calorie diet.

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. Tamper Evident, use only if seal is intact. This product is not intended for weight reduction or as a meal replacement.

Choking Warning: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Keep out of reach of children.

Diets low in saturated fat and cholesterol that include 7 grams of soluble fibre per day may reduce the risk of heart disease. One serving of our psyllium husk powder provides 8 grams of this soluble fibre.

Distributed by BIOVEA®
www.biovea.com
Certified Organic
Certified Kosher
Vegan Product



 **psyllium organic**
Suggested Daily Intake: Mix 2 tablespoons with at least 6-8oz of water or juice. Consume immediately. Taking this product without enough liquid may cause choking.

 **psyllium biologique**
Dosage Journalier Recommandé: Mélanger 1-2 cuillères à soupe avec au moins 180-230 ml d'eau ou de jus de fruit. A consommer immédiatement. Il est important de mélanger le produit avec assez de liquide afin de ne pas vous étouffer.

 **psillio organico**
Consumo Quotidiano Raccomandato: Mischiare one o due cucchiari con almeno 180-230 ml. d'acqua o succo di frutta. Consumatelo immediatamente. E' importante mischiare il prodotto con abbastanza liquidi così' che non soffocate.

 **biologische flohsamen**
Vorgeschlagene tägliche Einnahme: 1-2 EL in ein Glas Wasser oder Saft einrühren und unverzüglich einnehmen. Nicht genügend Flüssigkeit kann dazu führen, dass die Flohsamenschale im Hals stecken bleiben.

 **psilio organico**
Dosis diaria recomendada: Mezclar 1 ó 2 cucharadas con al menos 180-230ml de agua o zumo. Consumir inmediatamente. Tomar este producto sin suficiente líquido puede causar asfixia.

 **psilio organico**
Dose Diária Recomendada: Misture 1-2 colheres de sopa com pelo menos 180-230ml de água ou suco. Consumir imediatamente. Ingerir este produto sem líquido suficiente pode causar sufocamento.