



psyllium husks powder

berry

regularity[▼]
cholesterol[▼]

specialty

net wt. **9.9 oz.** (281.6 g)
dietary supplement

gluten
free

dairy
free

soy
free

nut
free



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Supplement Facts

Serving Size 2 Rounded Teaspoons (8.8 g)
Servings Per Container: 32

	Amount Per Serving	% Daily Value
Calories	30	
Total Carbohydrate	8 g	3% [†]
Dietary Fiber	3 g	12% [†]
Soluble Fiber	3 g	
Sugars	4 g	
Psyllium Husks Powder (<i>Plantago ovata</i>)	3529 mg	*
Stevia Extract (leaf)	50 mg	*

[†] Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

Other ingredients: Fructose, red raspberry powder, natural strawberry flavor, strawberry juice powder, citric acid, blueberry fruit powder, beet root extract.

Does not contain: Wheat, Gluten, Salt, Soy, Dairy, Fish, Animal Derivatives, Artificial Colors or Flavors.

DIRECTIONS: As a dietary supplement, take two (2) rounded teaspoons daily. Stir powder briskly into at least eight (8) ozs. (a full glass) of liquid. Juice, water, soy, rice drink and milk are good with Psyllium Whole Husks. 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. Taking this product without enough liquid may cause choking. See warning.

WARNING: Psyllium Husks should be taken with at least a full glass of liquid. Psyllium Husks without a full glass of liquid may cause choking. Do not use this product if you have difficulty swallowing.

▼ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

STORE IN A COOL, DRY PLACE. KEEP
OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use
if outer seal is broken or missing.

Item No.VS-1690

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