

NUTRITIONAL ELIMINATION & DIGESTIVE SUPPORT

Psyllium husks supports safe and natural relief of constipation and promotes healthy bowel regularity. This formula has been used for centuries to support a healthy colon.

Suggested Use:

1 tsp to 1 cup warm water twice daily or as directed by your physician.

 In-house Manufactured to ensure Purity

 Third Party Tested for Heavy Metals

www.ruved.net

Psyllium Husk
642392000253

Function

Psyllium husk formula acts in the bowels by absorbing many times its weight in water, forming a gelatin-like substance in the colon removing toxins.

Color

Psyllium Husk™ has not been processed, bleached or altered like many other supplements, retaining the natural white color of this herbal recipe.

DO NOT USE IF SEAL IS BROKEN.

Warning: If pregnant, consult your physician before using this or any other product.

Keep Away From Reach Of Children

Please report any adverse event or reaction to 425.637.1400

Distributed by Ayush Herbs® Inc. USA

R-U-VED® Inc. is a subsidiary of Ayush Herbs® Inc.
1239 152nd Avenue NE Redmond, WA 98052



Psyllium Husk Powder

Elimination & Digestive Support



12 oz. (340gm)
Non-Dairy Dietary Supplement

Supplement Facts

Serving Size: 2 teaspoons (10 grams)
Servings Per Container: 34

Ingredients:	Amount Per Serving	%DV
Psyllium Husk Powder (<i>Plantago ovata</i>)	10 grams	*
Nutritional Info:		
Amount Per Serving	%DV	
Dietary Fiber	10 grams	30%
Carbohydrates	10 grams	3%
Protein	0 grams	0%
Cholesterol	0 grams	0%
Fat	0 grams	1%
Calories	0	

Percent daily values are based on a 2000 calorie diet
*Daily value not established

Free from Milk, Soy, Egg and Wheat.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.