



**Caution:** Do not use when abdominal pain, nausea, or vomiting are present unless directed by a doctor. Consult a doctor if you notice a sudden change in bowel habits that persists over 2 weeks. Rectal bleeding or failure to move bowels after use may indicate a serious condition. Discontinue use and consult a doctor. If you are pregnant or nursing a baby, consult a doctor before taking this product. Keep out of reach of children.

For relief of occasional constipation (irregularity)\*. This product generally produces bowel movement in 12 to 72 hours.\*

**SATISFACTION GUARANTEED.** Freshness & safety sealed with a printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing.

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Green Bay, WI 54311 USA  
1-800-9NATURE • www.naturesway.com



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(BLK0288)



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

**PREMIUM** *Nature's Way* **HERBAL**

# Psyllium

## Husks



**180 Vcaps® / Certified 525 mg**

DIETARY SUPPLEMENT

**Recommendation:** Drink a full glass (8 ounces) of liquid with each dose. Adults & children 12 and over: Take 6 capsules once daily. Children 6 to 12: Take 3 capsules once daily. Children under 6: Consult a doctor.

**NOTICE:** Take this product with at least a full glass (8 ounces) of liquid. Taking without enough liquid may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting, or difficulty swallowing or breathing after taking this product, seek immediate medical attention.

## Supplement Facts

Serving Size 6 Capsules  
Servings Per Container 30

| Amount Per Serving | % Daily Value     |     |
|--------------------|-------------------|-----|
| Total Carbohydrate | 3 g               | 1%† |
| Dietary Fiber      | 2 g               | 8%† |
| Psyllium (husk)    | 3.15 g (3,150 mg) | **  |

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

\*\*Daily Value not established.

Other ingredients: Plant-derived capsule