

MäritzMayer Laboratories™

DIRECTIONS: For adults, take two (2) capsules one to three times daily with at least 8 ounces of water or other fluid.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

NOTICE: Take this product with at least 8 ounces of water or other fluid. Taking this product without adequate fluid may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Do not take before bedtime. Fiber products can affect the absorption of many medications. Do not take this product within 2 hours of taking medications.

* 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.

Manufactured Exclusively For:
MäritzMayer Laboratories™
Norcross, GA 30071

1.800.432.9130

www.MaritzMayer.com



PSYLLIUM HUSKS 500™

- ✓ Promotes Cardiovascular Health*
- ✓ Rich In Soluble Fiber*
- ✓ Aids In Digestion & Cleansing*



Dietary Supplement • 60 Capsules

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	% DV
Calories	5	
Total Calories	1 g	<1%
Dietary Fiber	1 g	4%
Psyllium Husk (Plantago ovata) (seed husk)	1,000 mg	†

% Daily Value (DV) based on a 2000 calorie diet.

† % Daily Value (DV) not established.

Other Ingredients: Gelatin, Vegetable Cellulose, Vegetable Stearic Acid. Contains <2% of: Silica, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE AT ROOM TEMPERATURE.

