

Suggested Usage: Vigorously mix 1-2 level tablespoons daily into at least 12 oz. of water or juice and consume immediately. Be sure to drink plenty of additional fluids throughout the day. Start with smaller amounts and gradually increase over several weeks.

Surveys have shown that the fiber content of the American diet is typically about half of government recommended levels. Whole Psyllium Husks can be a convenient way to increase the intake of dietary fiber.* Psyllium has the ability to swell up to 50 times its initial volume when added to liquid. This bulking action can play an important role in maintaining regularity and gastrointestinal health.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

NOTICE: This product should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not take this product if you have difficulty in swallowing.

Natural color variation may occur in this product.

CODE 5980 V6



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Whole Psyllium Husks

Intestinal Health*

- Excellent Source of Fiber
- Helps Maintain Regularity*

Net Wt. 12 oz. (340 g)

A Dietary Supplement Vegetarian/Vegan



Probiotics/Enzymes/Digestive

Family owned since 1968.

Supplement Facts

Serving Size 2 Level Tablespoons (approx. 10 g)
Servings Per Container about 34

	Amount Per Serving	% Daily Value
Calories ††	35	
Total Carbohydrate	8 g	3%*
Dietary Fiber	7 g	28%*
Soluble Fiber	6 g	†
Insoluble Fiber	1 g	†
Sodium	10 mg	< 1%
Psyllium Husks (Husk/Seed)	10 g (10,000 mg)	†

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

† Daily Value not established.

Other ingredients: None.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

†† Fiber is not digested, thus has no caloric effect.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.

