

 *Health through the power of nature,
that's what it means to Trust the Leaf.®*

**Helps relieve occasional constipation and produce
bowel movements in 12-72 hours.***

NOTICE: 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.

Keep out of reach of children. Safety sealed with
printed outer shrinkwrap and inner seal. Do not use
if either is broken or missing.

GLUTEN FREE. No sugar, salt, yeast, soy, wheat,
corn, dairy products, artificial colors, flavors or
preservatives.

 **VEGETARIAN**

◆ LN15354.01 BLK8288



*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

PREMIUM  HERBAL

Psyllium

Husk



180 Vegetarian Capsules / 525 mg

DIETARY SUPPLEMENT

Recommendation: Drink a full 8 oz. glass of liquid with
each dose. Adults/children 12 years of age and older: Take
6 capsules once daily. Children 6-12 years of age: Take
3 capsules once daily. Children under 6: Consult a doctor.

Caution: Taking without enough liquid may cause choking.
Do not take if you have difficulty swallowing. If you
experience chest pain, vomiting or difficulty swallowing
or breathing after use, seek immediate medical attention.
If pregnant, nursing or taking any medications, consult a
healthcare professional before use.

Supplement Facts

Serving Size 6 Capsules / Servings per Container 30

Amount Per Serving		% DV
Calories	10	
Total Carbohydrate	3 g	1%†
Dietary Fiber	3 g	10%†
Psyllium (husk)	3.15 g	**

†Percent Daily Values (DV) are based on a 2,000 calorie
diet. **Daily Value not established.

Other ingredients: plant-derived capsule
(modified cellulose)

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Green Bay, WI 54311 USA

Questions? 1-800-9NATURE / naturesway.com

