

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.

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



◆ LN15750.01 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.



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 16

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)

