



Hi-Fiber

**All Natural
Fiber Supplement**

DIETARY SUPPLEMENT

**Supports a Healthy Digestive System
and Promotes Regularity***

Net Wt. 10 oz (0.63 lb) (283 g)

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 1 Teaspoon (3g)

Servings Per Container 94

	Amount Per Serving	% DV
Calories	10	
Total Carbohydrate	3 g	1%**
Dietary Fiber	3 g	12%
Soluble Fiber	2 g	†
Psyllium Husk Powder (seed)	3 g	†

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

† Daily Value (DV) not established.

Directions: Mix one teaspoon into a full 8 ounce glass of water or liquid & drink immediately. OR sprinkle one teaspoon onto food and follow with a full 8 ounce glass of liquid. Take one teaspoon one to two times daily.

Warning: Do not use when acute abdominal pain, nausea or vomiting are present. Consult a health professional before using this product if you are pregnant or nursing a baby. May cause an allergic reaction in those individuals sensitive to psyllium.

NOTICE: Must be taken with at least one full 8 oz. glass of liquid or psyllium may swell in the throat and cause choking. Do not use if you have difficulty with swallowing.

Keep container tightly closed and out of the reach of children. Store away from heat and moisture.

POTENCY & QUALITY GUARANTEED

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc.
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Free from added sweeteners, artificial colors or flavors, Hi-Fiber consists entirely of finely ground psyllium husks. Found worldwide, psyllium comes from a plant called *Plantago ovata*. The psyllium found in Hi-Fiber works as a bulk-forming fiber laxative. Absorbing liquid and swelling the intestines to facilitate softer stool that is easier to pass, the psyllium in Hi-Fiber promotes regularity and the resolution of constipation.*

A diet high in fiber is important for optimal health.* Diets low in saturated fat and cholesterol that include seven grams of soluble fiber per day from psyllium husks may reduce the risk of heart disease. One serving of Carlson Hi-Fiber provides 2 grams of this soluble fiber.

✓ **Milk/Casein-free**
✓ **Preservative-free** ✓ **Vegetarian**

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