



Psyllium

Fiber Supplement
500 mg

DIETARY SUPPLEMENT

Promotes a Healthy Digestive System*

100 Capsules

*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 6 Capsules
Servings Per Container 16

	Amount Per 6 Capsules	% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%**
Dietary Fiber	2 g	10%
Soluble Fiber	2 g	†
Iron	0.4 mg	2%
Potassium	30 mg	<1%
Psyllium Husk Powder (seed)	3 g	†

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

Other Ingredients: Magnesium stearate, beef gelatin capsule.

Directions: Take 6 capsules once daily with at least 8 oz. of liquid. Keep container tightly closed, and out of the reach of children. Store away from heat and moisture.

May cause an allergic reaction in those individuals sensitive to psyllium.

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 Psyllium provides 2 grams of this soluble fiber.

NOTICE: Take this product with a full glass of liquid. Taking without enough liquid may cause choking. 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. Do not take this product if you have difficulty swallowing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

✓ No Added Sugars ✓ Milk/Casein-free ✓ Preservative-free

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POTENCY & QUALITY GUARANTEED

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