theVitamin Shoppe®

psyllium husks

digestive health

regularity

specialty

300 capsules
dietary supplement

gluten free

dairy free

soy free

nut free

actual size

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Psyllium (*Plantago ovata*)(husk)	840 mg	*

* Daily Value not established.

Other Ingredients: Gelatin (capsule), rice flour, magnesium stearate, *Lactobacillus acidophilus*.

Does not contain: Yeast, Corn, Wheat, Gluten, Salt, Soy, Dairy, Citrus, Fish, Preservatives or Flavors.

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.

DIRECTIONS: As a dietary supplement, take one (1) capsule up to twice daily with at least 8 oz. of water per capsule. Taking this product without enough liquid may cause choking. **See warning.**

WARNING: Psyllium Husks should be taken with at least a full glass of liquid. Taking Psyllium Husks without a full glass of liquid may cause choking. Do not use this product if you have difficulty swallowing.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Distributed by:
Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com or call 1-800-223-1216 for more information and to reorder.

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Item No.
VS-1233
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