



psyllium whole husk powder

regularity[✓]

cholesterol[✓]

specialty

net wt. 12 oz. (340g)
dietary supplement

gluten
free

dairy
free

soy
free

nut
free

Supplement Facts

Serving Size 1 Tablespoon (5 g)
Servings Per Container: 68

	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	4 g	1% [†]
Dietary Fiber	4 g	16% [†]
Soluble Fiber	3 g	*
Insoluble Fiber	<1 g	*
Calcium	10 mg	1%
Sodium	5 mg	<1%
Whole Psyllium Husks (<i>Plantago ovata</i>)	5 g	*

[†] Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

Other ingredients: None.

Does not contain: Yeast, Corn, Wheat, Gluten, Sugar, Soy, Starch, Dairy, Citrus, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: As a dietary supplement, take one (1) rounded tablespoon daily. Stir powder briskly into at least eight (8) ozs. (a full glass) of liquid. Juice, water, soy, rice drink and milk are good with Psyllium Whole Husks. For easiest mixing, shake in a closed jar. Drink immediately. If product is too thick when consuming, add more liquid and stir. Drinking additional liquid is helpful. If minor gas or bloating occurs, reduce the amount you take until your system adjusts. 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. Psyllium Husks without a full glass of liquid may cause choking. Do not use this product if you have difficulty swallowing. Consult your physician prior to use if you are pregnant or nursing.

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

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

▼ 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.

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