## **Recommended adult intake:** Take two scoops (2.5 g) daily mixed with water or juice, with a meal or as professionally directed. Stir briskly and drink immediately. Maintain adequate fluid intake. Take 2 hours before or after taking other medications.

Risk information: If you are experiencing a sudden change in bowel habits that has persisted for more than 2 weeks, undiagnosed rectal bleeding or failure to defecate following the use of a laxative product; if you have diabetes mellitus; if you have difficulty swallowing, do not use. If you experience chest pain, vomiting or difficulty in swallowing or breathing after taking this product, consult your healthcare practitioner immediately. If you are pregnant or breastfeeding; if you are taking medications which inhibit peristaltic movement; if you have symptoms such as abdominal pain, nausea, vomiting or fever or if you are following a low protein diet, consult your healthcare practitioner prior to use. Hypersensitivity, such as allergy, has been known to occur following inhaled and/or ingested psyllium; in which case, discontinue use. May cause temporary oas and/or bloating.

Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

Seroval

Made in the UK for Seroyal USA, Pittsburgh, PA 15275

BARCODE LOCATION 883196 21081

## intestinal purifier



## **Supplement Facts**

Serving Size 5 g Servings Per Container 60

| Amount per serving  |          | % DV |
|---|----------|------|
| Calories  | 10       |      |
| Total Carbohydrate  | 4 g      | 1%*  |
| Dietary Fiber   | 3 g      | 12%* |
| Psyllium Husk ( <i>Plantago ovata</i> )   | 1.5 g    | †    |
| Prune ( <i>Prunus domestica</i> ) fruit extract (1:2.5) (equivalent to 2.5 g fresh fruit) | 1 g      | †    |
| Hydrolysed Tapioca Starch<br>(providing 0.5 g resistant starch)                           | 1 g      | †    |
| Fructooligosaccharides (FOS)  | 0.8 g    | †    |
| L-Glutamine   | 492.5 mg | †    |
| Quercetin (Sophorae japonica) flower  | 103.5 mg | †    |

<sup>\* %</sup> Daily Values (DV) are based on a 2,000 calorie diet

<sup>†</sup> Daily Value not established