

Recommended Adult Dose: Take two teaspoons two times daily or as recommended by your healthcare practitioner. Mix with eight ounces (250 ml) of water or juice. Follow immediately with another eight ounces (250 ml) of water.

Risk Information: Do not take within two hours of other medications. Taking this product without adequate fluid may cause choking. If you have difficulty swallowing, do not use. If you experience chest pain, vomiting or difficulty swallowing after taking this product, seek immediate medical attention. Hypersensitivity, such as allergy, has been known to occur following inhaled and/or ingested psyllium; in which case, discontinue use. May cause temporary gas and/or bloating. **Guaranteed** to contain no added wheat, yeast, soy, sodium, artificial coloring or flavoring, antimicrobial preservatives, dairy or animal products. Ideal for vegans. **Quality Assurance:** 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.



GENESTRA BRANDS

Herbal Bulk

FIBER SUPPLEMENT

Net Weight **16** oz (454 g)

Supplement Facts

Serving Size 2 Teaspoons (12 g)
Servings per Container about 37

Each Serving Contains		% DV
Calories	5	
Total Carbohydrate	10 g	3%◆
Dietary Fiber	9 g	36%◆
Sugars	1 g	*
Psyllium (<i>Plantago ovata</i>) Hull	3.6 g	*
Oat (<i>Avena sativa</i>) Bran	3.0 g	*
Rice (<i>Oryza sativa</i>) Bran	2.4 g	*
Apple Pectin (from <i>Malus pumila</i> fruit)	600 mg	*
Guar Gum (<i>Cyamopsis tetragonoloba</i>)	600 mg	*

◆ Percent Daily Values (DV) are based on a 2,000 calorie diet
* Daily Value not established

Other ingredients: Fructose, magnesium trisilicate

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V1.0 **410**

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