

**Suggested Usage:** Take 3 capsules with 8 oz. glass of liquid, 2 to 3 times daily.

Surveys have shown that the fiber content of the American diet is typically about half of government recommended levels. Psyllium Husks can be a convenient way to increase the intake of dietary fiber.\* Psyllium has the ability to swell up to 50 times its initial volume when added to liquid. This bulking action can play an important role in maintaining regularity and gastrointestinal health.\*

\*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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

**NOTICE:** This product should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not take this product if you have difficulty in swallowing.

Natural color variation may occur in this product.

Do Not Eat Freshness Packet.  
Keep in Bottle.

CAPSULE SIZE

CODE 5970B V4



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# Psyllium Husk Caps

## 500 mg

Intestinal Health\*

- Natural Soluble Fiber
- Helps Maintain Regularity\*

### 200 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Probiotics/Enzymes/Digestive

Family owned since 1968.

## Supplement Facts

Serving Size 3 Veg Capsules Servings Per Container 66

|                                             | Amount<br>Per Serving   | % Daily<br>Value |
|---------------------------------------------|-------------------------|------------------|
| Calories ††                                 | 5                       |                  |
| Total Carbohydrate                          | 1.3 g                   | < 1%*            |
| Dietary Fiber                               | 1.1 g                   | 4%*              |
| Soluble Fiber                               | 1.0 g                   | †                |
| Insoluble Fiber                             | 0.1 g                   | †                |
| <b>Psyllium Husk Powder<br/>(Husk/Seed)</b> | <b>1.5 g (1,500 mg)</b> | <b>†</b>         |

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Cellulose (capsule) and Stearic Acid (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.

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†† Fiber is not digested, thus has no caloric effect.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening. Please Recycle.

