

Psyllium husk traditionally provides an excellent source of dietary fiber, which is often lacking in the American diet. Psyllium husk is a bulk-forming fiber which helps to initiate the natural movement of the bowel and improve the overall health of the colon.[†] Psyllium husk supplies gentle cleansing action to the body — unlike many laxative products, which can be irritating to the gut. Psyllium husk contains both soluble and insoluble fiber for a more complete fiber product. Our **Organic Fiber** offers a natural, gentle source of fiber, which can help promote proper digestion, regularity and support healthy cholesterol levels in the body.[†]

- A daily fiber intake of 25-35 grams per day is recommended for good health.
- Supports a low carbohydrate diet with added necessary fiber.
- Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husks (or seed husks) may reduce the risk of heart disease. One serving of our Organic Whole Psyllium Husk provides 2.7 grams of this soluble fiber.

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

This product is steam treated to reduce the microorganism count that occurs naturally due to the plant's natural growth and harvesting.

**We Guarantee Our Supplements
for Potency and Purity**

To report a serious adverse event, call 1-888-710-0006

[†] 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.

ENERGYFIRST®

STEAM
TREATED
**ORGANIC
FIBER**

**Provides Fiber to
Support Colon Health
and Digestion[†]**



DIETARY SUPPLEMENT

NET WT 12 OZ
(340 g)

Supplement Facts

Serving Size: 2 tsp (heaping) (4.2 g)

Servings Per Container: About 81

Amount Per Serving	%Daily Value	
Calories	20	
Total Carbohydrate	4 g	1%
Dietary Fiber	4 g	16%
Whole Psyllium Husk (<i>Plantago ovata</i>)	4.2 g	*

* Daily Value not established.

OTHER INGREDIENTS: ORGANIC WHOLE PSYLLIUM HUSK

Manufactured for: EnergyFirst
1140 Highland Ave., Ste. 100
Manhattan Beach, CA 90266
www.energyfirst.com



This product is certified organic by Quality Assurance International (QAI).

SUGGESTED USE: As a dietary fiber supplement, add two heaping teaspoons of Organic Whole Psyllium Husk to 10-12 ounces of juice, water, or milk, one to three times daily. Mix well by stirring, blending, or shaking and drink immediately.

Begin usage gradually to allow your system to adjust to the increase of fiber in your diet.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Made in the **USA**

KEEP OUT OF REACH OF CHILDREN.

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