

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 1 heaping teaspoon, 1 to 3 times a day. CHILDREN 6-12: 1/2 to 1 level teaspoon, 1 to 3 times a day. Start by taking 1 serving each day. Gradually increase to 3 servings per day if needed. Stir powder briskly into **at least 8 ounces (a full glass) of liquid.** Juice, water, soy or rice drink, and milk are all good with Colon Care Formula. 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. Take with meals or between meals. **Use every day for best results.**

As with all bulking fiber supplements, do not take within 1 to 2 hours of prescription medications. If you are taking medication or are under a doctor's care, consult a health professional before use.

Fill controlled by weight, not volume. Contents may settle during shipping and handling. Store at room temperature. Keep lid tightly closed to protect from humidity.

No preservatives. No artificial flavor. No artificial color. No added sugar, binders or fillers.

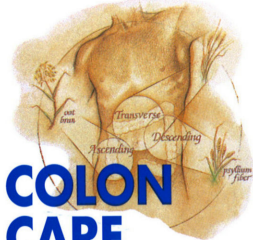
Note: All psyllium husk products, and most agricultural products, contain some chemicals that the plants absorb from the soil.

INGREDIENTS: Psyllium seed husks, Gluten Free oat bran, Non-GMO soy fiber, acacia gum, calcium carbonate, FOS probiotic growth complex, magnesium oxide, apple fiber, selenium amino acid chelate. Note: The carbohydrate in this product is primarily non-digestible fiber; digestible carbohydrate is only 1/2 gram per serving.

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Made in U.S.A.
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Come visit us at our web site:
www.yerbaprime.com

Supplement Facts		
Serving size 7.1 grams (1 heaping teaspoon)		
Servings per container: 48		
Amount per serving	% Daily Value*	
Calories 20		
Total Fat 0 g	0%	
Total Carbohydrate 5.5 g	2%	
Dietary Fiber 5 g	20%	
Soluble Fiber 3 g		
Insoluble Fiber 2 g		
Sugars 0 g		
Protein <1 g		
Calcium (as calcium carbonate) 100 mg	10%	
Magnesium (as magnesium oxide) 50 mg	12%	
Selenium (as selenium amino acid chelate) 17 mcg †		
Sodium 5 mg	<2%	
Potassium 39 mg	<2%	
Concentrated fiber blend 6.6 g	†	
Psyllium seed husks		
Gluten Free Oat bran		
Non-GMO Soy fiber		
Acacia gum		
Apple fiber		
FOS (Fructo-oligosaccharides) 100 mg	†	
*Percent Daily Values are based on a 2,000 calorie diet.		
† Daily Value not established		

Yerba Prima



COLON CARE FORMULA

Promotes Colon Health*
Elimination of Toxins*



Premium Dietary Fiber Supplement
Net Wt 12 oz (340 g)

Yerba Prima

Take Every Day to Promote Colon Health!*
Helps Eliminate Toxins and Waste!*
Concentrated Source of all 5 Fiber Types!

Colon Care promotes colon health with fiber, calcium, magnesium, selenium and FOS. These nutrients provide dietary support for normal, healthy functioning of the colon.*

Colon Care supports regular elimination of toxins and waste material, promotes the growth of friendly bacteria, such as acidophilus and bifidus, and supports proper digestion.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

SAFETY SEALED: Do not use this product if printed band around cap is broken or missing.

CAUTION: A very small percentage of individuals, particularly health care providers who have been occupationally exposed to psyllium dust, may develop a sensitivity to psyllium. This sensitivity may result in an allergic reaction. If you experience a strong reaction, with difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Keep out of the reach of children. California residents only: Proposition 65 **WARNING:** This product contains a chemical known to the State of California to cause birth defects or other reproductive harm. For more information about Prop 65, see www.yerbaprime.com.

