

ITEM #3241
B3241 04F



Psyllium Husks

500 mg

Supports Digestive and Colon Health*

Dietary Supplement

200 CAPSULES



Supplement Facts

Serving Size 2 Capsules

Servings Per Container 100

Amount Per Serving	%Daily Value	
Total Carbohydrate	<1 g	<1%**
Dietary Fiber	1 g	4%**
Psyllium Husk (<i>Plantago ovata</i>) (seed husk)	1,000 mg (1 g)	***

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

***Daily Value not established.

Other Ingredients: Gelatin, Vegetable Cellulose, Vegetable Stearic Acid. **Contains <2% of:** Silica, Vegetable Magnesium Stearate.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Soy, No Egg, No Corn, No Grapefruit, No Fish, No Sweetener, No Sugar, No Starch, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Directions: For adults, take two (2) capsules with at least 8 ounces of water or other fluid. Taking this product without enough liquid may cause choking. Do not take before bedtime. See warning.

Psyllium seed husks are a healthy addition to your diet. Our high-quality formula is ideal when looking to support digestive and colon wellness.*

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

NOTICE: Take this product with at least 8 ounces of water or other fluid. Taking this product without adequate fluid may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Do not take before bedtime. Fiber products can affect the absorption of many medications. Do not take this product within 2 hours of taking medications.

Manufactured by
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ACTUAL SIZE