

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 1 rounded 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.** Drink immediately. Juice, water, soy or rice drink, and milk are all good with Psyllium Husks Powder. For easiest mixing, shake in a closed jar. 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. **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.

*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.

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.

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

INGREDIENTS: Psyllium seed husks. Note: The carbohydrate in this product is primarily non-digestible fiber; digestible carbohydrate is less than 1/2 gram per serving.

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Supplement Facts	
Serving size 5 grams (1 rounded teaspoon)	
Servings per container: 68	
Amount per serving	% Daily Value*
Calories 15	
Total Fat 0 g	0%
Total Carbohydrate 4.5 g	<2%
Dietary Fiber 4.5 g	18%
Soluble Fiber 3.5 g	
Insoluble Fiber 1.0 g	
Sugars 0 g	
Protein 0 g	
Calcium 10 mg	<2%
Sodium 4 mg	<2%
Potassium 43 mg	<2%
Psyllium seed husks	†

*Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Yerba Prima®

PSYLLIUM HUSKS POWDER

Doctor Recommended
Gentle, Soothing Fiber
For Regularity*
For Heart Health*



Dietary Supplement
NET WT 12 OZ (340 g)

Yerba Prima®

Great for Low Carb Diets!
Great for Athletes on High Protein Diets!
Great for People eating Gluten Free Diets!
Great for Weight Loss and Maintaining Healthy Weight!
And of course, Great for Everyday Regularity!

Yerba Prima Psyllium Husks for Regularity and Colon Health: Psyllium husks promote easy, healthy elimination and sweep waste out of the colon more quickly. Psyllium husks provide gentle fiber to soothe and normalize the bowel when there is discomfort. To maintain regularity and colon health, take 1 to 3 servings a day, with meals or between meals.*

Yerba Prima Psyllium Husks for Weight Maintenance: Dietary fiber plays an important role in weight loss and maintaining healthy weight. High fiber foods like psyllium husks help promote satiety (a feeling of fullness). To support weight maintenance, take 1 to 3 servings a day, shortly before meals or with meals.*

Yerba Prima Psyllium Husks for Heart Health: To help support heart health, take 2 servings a day, with meals.*

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.yerbaprima.com.

