

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 4 or 5 capsules, one to three times a day. Take with food. For children 6-12: Do not take capsules. Psyllium Husks in powder form is recommended for ease of use. Start by taking 1 serving each day. Gradually increase to 3 servings per day if needed. **Swallow one capsule at a time. Take each serving with at least 8 ounces (a full glass) of water or other liquid.** 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.

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: Certified Organic Psyllium seed husks, Certified Organic tapioca pullulan capsule.

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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Certified Organic by QAI
Come visit us at our web site:
www.yerbaprima.com

SUPPLEMENT FACTS

Serving Size 4 capsules
Servings per container: 45

Amount Per Serving	% Daily Value*
Calories 8	
Total Fat 0g	0%
Total Carbohydrate 2.2g	<2%
Dietary Fiber 2.2g	9%
Soluble Fiber 1.8g	
Insoluble Fiber 0.4g	
Sugars 0g	
Protein 0g	
Calcium 5 mg	<2%
Sodium 2 mg	<2%
Potassium 22 mg	<2%
Organic Psyllium seed husks	**

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

** Daily Value not established.

Yerba Prima®

ORGANIC PSYLLIUM HUSKS CAPS



Gentle, Soothing Fiber
For Regularity*
For Heart Health*

Certified



Gluten-Free

Organic Fiber Supplement
180 Vegetable Capsules

Lab



Tested

Yerba Prima®

ORGANIC PSYLLIUM HUSKS CAPSULES from Yerba Prima, the natural fiber pioneer since 1980.

Great for Regularity and Colon Health! Psyllium husks promote easy, healthy elimination with gentle fiber. For regularity and colon health, take 1 to 3 servings a day, with meals or between meals.*

Great for Weight Maintenance! To promote satiety and support weight maintenance, take 1 to 3 servings a day, shortly before meals or with meals.*

Great for Heart Health! To help support heart health, take 3 servings a day, with meals.*

Great for Low Carb Diets, High Protein Diets, Gluten Free Diets!

*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 or seal under cap is broken or missing.

CAUTION: Do not take capsules if you have difficulty in swallowing. 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.



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