

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 1 Tablespoon, 1 to 3 times a day. CHILDREN 6-12: 1 teaspoon, 1 to 3 times a day.

Start by taking 1 serving each day. Gradually increase to 3 servings per day if needed. **Stir briskly into at least 8 ounces (a full glass) of liquid.** Juice, water, soy or rice drink, and milk are all good with Psyllium Whole Husks. 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. **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:
Certified Organic Psyllium Seed Husks.

Yerba Prima, Inc.
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Made in U.S.A.
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Certified Organic by QAI



Come visit us at our web site:
www.yerbaprima.com

SUPPLEMENT FACTS	
Serving Size 5 grams (1 tablespoon)	
Servings per container: 68	
Amount Per Serving	% Daily Value*
Calories 15	
Total Fat 0g	0%
Total Carbohydrate 4.5g	<2%
Dietary Fiber 4.5g	18%
Soluble Fiber 3.5g	
Insoluble Fiber 1.0g	
Sugars 0g	
Protein 0g	
Calcium 10 mg	<2%
Sodium 4 mg	<2%
Potassium 43 mg	<2%
Certified Organic Psyllium Seed Husks **	

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

ORGANIC PSYLLIUM WHOLE HUSKS



**Gentle Soothing Fiber
For Regularity*
For Heart Health***

Certified



Gluten-Free

Organic Fiber Supplement
NET WT 12 OZ (340 g)

Lab



Tested

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

Great 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.*

Great 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.*

Great for Heart Health! To help support heart health, take 2 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 seal under 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.



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