

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Psyllium Husk provides an excellent source of dietary fiber, which is often lacking in the typical diet. Psyllium Husk is a bulk-forming fiber which helps to initiate the natural movement of the bowel and improve the overall health of the colon. Psyllium Husk supplies gentle cleansing action to the body — unlike many laxative products, which can be irritating to the gut. Psyllium Husk contains both soluble and insoluble fiber for a more complete fiber product. Our non-irradiated, non-GMO **Psyllium Husk** vegetarian capsules offer a natural, gentle source of fiber which promotes proper digestion and regularity.†

**WE GUARANTEE OUR SUPPLEMENTS  
FOR POTENCY AND PURITY**

**To report a serious adverse event, call 1-888-710-0006**

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

NON-IRRADIATED  
NON-GMO  
**PSYLLIUM HUSK  
VEG CAPS**  
**550 mg**

**Supports Digestive Wellness†**  
Dietary Supplement

**90 VEGETARIAN CAPSULES**



## Supplement Facts

Serving Size 1 Vegetarian Capsule

Servings Per Container 90

Amount Per Serving

% Daily Value

Psyllium Husk (*Plantago ovata*)

550 mg

\*

\* Daily Value not established.

Other Ingredients: Vegetarian capsule (cellulose) and magnesium stearate (vegetable source).

**SUGGESTED USE:** As a dietary supplement, consume 1-4 capsules with a full glass of liquid. Begin usage gradually to allow your system to adjust to the increase of fiber in your diet.

**NOTICE:** This product should be consumed with at least a full glass of liquid. Consuming this product without enough liquid may cause choking. Do not consume this product if you have difficulty in swallowing.

**KEEP OUT OF REACH OF CHILDREN.**

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