

Supplement Facts

Serving Size: 1 pack (5g) Servings Per Container: 15

Amount Per Serving	% Daily Value
Calories 18	
Total Carbohydrate 4g	1%
Dietary Fiber 4g	16%
Soluble Fiber 3g	†
Insoluble Fiber 1g	†
Organic Whole Husk Psyllium (seed husk) 5g	†

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

† Daily value not established

GLUTEN FREE • KOSHER

Psyllium is a natural, bulk-forming dietary fiber.

- Promotes healthy elimination & regularity*
- Contains both soluble & insoluble fiber*
- Supports the entire gastrointestinal system*

PRODUCT OF INDIA FOR EXPORT Mfg. Lic. No. A-2755

DISTRIBUTED BY: **ORGANIC INDIA USA**
BOULDER, CO 80301 USA 1-888-550-8332
organicindia.com

MANUFACTURED BY: **ORGANIC INDIA Pvt. Ltd.**
Factory: Plot No. 266, Faizabad Road, Kamta,
P.O. Chinhat, Lucknow-226028, U.P. INDIA

To enjoy while pregnant or nursing, consult a physician before use.

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

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

BATCH NO.:

MFD:

BEST FOR
USE BEFORE:

US011605A

Certified



Corporation



Product processed as per
COS standards & Certified Organic
by Aditi Organic Certification
Pvt. Ltd.




**ORGANIC
INDIA™**



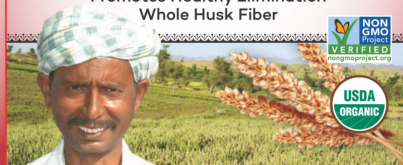
*Love and
Consciousness
in Action*

- We work with and empower small family farmers in India cultivating regenerative organic farmland.
- We ethically purchase herbs from farmers giving them the respect and dignity they deserve.
- By purchasing **ORGANIC INDIA** products you are actively participating in our mission to create a healthy and sustainable global environment.


**ORGANIC
INDIA™**

PSYLLIUM
Lift

**Promotes Healthy Elimination
Whole Husk Fiber**



DIETARY SUPPLEMENT 15-18 OZ. (5g) PACKS NET WT. 2.7 OZ. (75g)


**ORGANIC
INDIA™**

Add one packet to at least 10 oz of liquid or smoothie. Stir and drink immediately. If too thick, add more liquid and stir. Drinking an additional glass of water afterwards is advisable to ensure hydration.

*Coconut Banana
Psyllium Oatmeal*

- 1 pouch **ORGANIC INDIA** Psyllium Lift
- 1 cup cooked Oats
- ½ ripe Banana, sliced
- 1 tablespoon Coconut Oil

1. Follow the cooking instructions on the oatmeal packaging.
2. Once oatmeal has cooked, stir in **Psyllium Lift** pouch. Add some water to adjust to desired consistency.
3. Top oatmeal with sliced Bananas and Coconut Oil.