



PSYLLIUM

Lift

Promotes Healthy Elimination
Whole Husk Fiber



SINGLE SERVING DIETARY SUPPLEMENT NET WT. .18 OZ. (5g)

Supplement Facts

Serving Size: 1 pouch (5g)

Servings Per Pouch: 1

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.*

Add 1 packet to at least 10 oz of liquid or smoothie. Stir and drink immediately. If too thick, add more liquid and stir.

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

DISTRIBUTED BY: **ORGANIC INDIA, USA**

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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:

Certified



Corporation



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

