



psyllium husks

specialty
300 capsules
dietary supplement

digestive health[▼]
regularity[▼]

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Psyllium (<i>Plantago ovata</i>)(seed husks)	720 mg	*

* Daily Value not established.

Other Ingredients: Gelatin, rice flour, silicon dioxide, magnesium stearate.

Does not contain: Wheat, Gluten, Salt, Soy, Dairy, Fish or Flavors.

▼ 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.

DIRECTIONS: As a dietary supplement, take one (1) capsule up to twice daily with at least 8 oz. of water per capsule. Taking this product without enough liquid may cause choking. **See warning.**

WARNING: Psyllium Husks should be taken with at least a full glass of liquid. Taking Psyllium Husks without a full glass of liquid may cause choking. Do not use this product if you have difficulty swallowing.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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