

(PLEASE READ THE ENTIRE LABEL BEFORE USE)

Recommended Use: Mix 1 scoop with 8 ounces of water and consume up to 3 times daily, as needed.

Warning: This product is only intended to be consumed by healthy individuals 18 years of age or older. This product should be taken with at least 8 ounces of liquid. Consuming this product without enough liquid may cause choking. Avoid use if you have ever had esophageal narrowing or swallowing difficulties. Consult your physician prior to use if you are pregnant or nursing. Consult your physician prior to use if you are taking any medications or have any medical condition. Do not exceed recommended use. Improper use will not improve results. Discontinue use and seek professional assistance immediately if you experience unwanted side effects. Discontinue use 2 weeks prior to surgery. Do not use if safety seal is broken or missing. Keep out of reach of Children. Store in a cool, dry place. Contents are sold by weight not volume. Some settling may occur.



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



Psyllium Husk

5g | **100** | **500g**
per scoop | servings | per container



Net Wt. 500g (1.10 lbs) | Dietary Supplement



Supplement Facts

Serving Size: 1 Scoop (5g)
Servings Per Container: 100

Amount Per Serving		% DV †
Total Carbohydrates	5g	2%
Dietary Fiber	5g	20%
Psyllium Husk	5g	*

* Daily Value not established

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

Your daily values may be higher or lower depending on your calorie needs:

Other Ingredients: None