

Psyllium Husks (Whole)

Herbal Supplement

Net Wt. 4 oz.

Supplement Facts

Serving Size 12 g (2 tbsp)

Servings Per Container 9

Amount Per Serving	% Daily Value	
Calories	45	
Calories from Fat	10	
Total Fat	1 g	2%†
Saturated Fat	1 g	5%†
Total Carbohydrates	9 g	3%†
Sugar	1 g	*
Calcium	48 mg	5%
Sodium	60 mg	2%†
Psyllium Husks Whole	12 g	*
<i>Plantago ovata</i>		

* Daily Value not established.

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

DISTRIBUTED BY: INDIANA BOTANIC GARDENS, INC.
3401 W. 37TH AVE. HOBART, IN 46342

DOSEAGE Mix 1-2 level tablespoons into at least 12 oz of water or juice and consume immediately. Be sure to drink plenty of additional fluids throughout the day. **SEE WARNING**

WARNING: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.)

Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

