SOURCE NATURALS®

DIETARY SUPPLEMENT

PSYLLIUM HUSK POWDER

NET WT. 12 OZ. (340 GRAMS)

NON GMO VALIDATED

Supplement Facts

Serving Size 1 Rounded Teaspoon (5 grams)
Servings Per Container 68

	Amount Per Serving	%DV
Calories	15	
Total Carbohydrate	4 g	1%*
Dietary Fiber	4 g	16%*
Soluble Fiber	4 g	†
Iron (naturally occurring)	2 mg	11%
Psyllium Seed Husk	5 g	†

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.
†Daily Value not established.

Psyllium seed husk is an excellent, low caloric source of soluble dietary fiber. Consumption of seven or more grams of soluble fiber from psyllium seed husk per day from this product, in association with a diet low in saturated fats and cholesterol, may reduce the risk of coronary heart disease. Source Naturals uses only the husk of the seed, as it is a much better fiber source than the whole seed.

Suggested Use: Once a day, briskly stir 1 rounded teaspoon (5g) in 8 ounces of liquid (children, 1/2 teaspoon in 4 ounces of liquid). Drink immediately, before the liquid begins to gel.

NOTE: Take this product with a full 8 ounce glass of liquid. If you do not drink enough liquid, the product may swell in the throat causing blockage or choking. Avoid use if you have ever had throat or swallowing problems. Seek immediate medical help if pain or swelling/breathing difficulties occur.

NOTICE TO NEW USERS: A small percentage of individuals, such as nurses and other health care providers whose occupations expose them to psyllium dust, may develop a sensitivity to psyllium. This sensitivity may result in an allergic reaction.

STORE IN A COOL, DRY PLACE.

WARNING: If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

Suitable for vegetarians. Contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

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Manufactured for:
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