



- AT THE HEART OF ORGANIC INDIA is our commitment to be a living embodiment of love and consciousness in action.
- WE WORK WITH THOUSANDS of small family farmers in India to cultivate thousands of acres of sustainable, organic farmland.
- ALL ORGANIC INDIA PRODUCTS PROMOTE health, happiness and True Wellness and are made with loving care.
- EACH OF OUR PRODUCTS EMBODIES a flow of love, respect and connectedness between Mother Nature, our farmers, our company and you.
- WE PROVIDE A LIFE OF DIGNITY to our local farmers, while bringing health and happiness to you.
- BY CHOOSING ORGANIC INDIA you are actively participating in our mission to create a sustainable global environment.

OrganicIndiaUSA.com



ORGANIC INDIA'S Certified Organic Whole Husk Psyllium is the seed husk of the herb *Plantago ovata*. Whole Husk Psyllium is a natural, bulk-forming dietary fiber.

- Promotes healthy elimination & regularity
- Contains both soluble & insoluble fiber
- Supports the entire gastrointestinal system
- The soluble fiber from Psyllium, along with a healthy diet, may reduce the risk of heart disease.**



ORGANIC INDIA'S Certified Organic Whole Husk Psyllium is 98% Pure Extra White the highest grade psyllium available on the market!

WHY ORGANIC PSYLLIUM

While conventional psyllium husk products offer high fiber, most of these crops are grown on conventional industrialized farms that use pesticides, herbicides, chemical fertilizers, and post-harvest chemical treatments.

ORGANIC INDIA psyllium is 100% certified organic and Non-GMO Project Verified. No synthetic pesticides, herbicides, chemical fertilizers or treatments are used at any time.

From the planting of the seeds to the delivery at your store, ORGANIC INDIA maintains the highest standards of environmental awareness and social consciousness.



Ethical Accountable Reliable Trustworthy Holistic
Socially Environmentally Economically Responsible

The photo on this package is of one of our farmers.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



ORGANIC Whole Husk Psyllium

100% CERTIFIED ORGANIC FIBER



Excellent Source of Natural Dietary Fiber



DIETARY SUPPLEMENT
NET WT. 12 OZ (340g)



Supplement Facts

Serving Size: 1 tablespoon (5g)
Servings Per Container: 68

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

ORGANIC INDIA psyllium is pharmaceutical grade and contains no added sugar, sodium, cholesterol, fat, or additives.

SUGGESTED USE: Adults and Children over 12 years: One serving per day. Best taken before or between meals.

DIRECTIONS: Mix 1 tablespoon with at least 10 oz of water, juice or your favorite beverage. Stir and drink immediately. If too thick, add more liquid and stir. Drinking an additional glass of water afterwards is advisable to ensure hydration.

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.



**FOR HEART HEALTH: Soluble fiber from foods such as psyllium as a part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of psyllium provides 3 grams of the 7 grams of soluble fiber from psyllium necessary per day to have this effect.



Lic. No. 10016051001397

PRODUCT OF INDIA

DIST. BY: ORGANIC INDIA, USA
5311 Western Ave., Suite 110
BOULDER, CO 80301 USA
1-888-550-8332

MFG. BY: ORGANIC INDIA Pvt. Ltd.

Factory: Plot No. 266, Faizabad Road,
Kanta, P.O. Chihhat, Lucknow-226028,
U.P. INDIA



Certified Organic by
Control Union-BQPI
Product produced and processed
according to NOP standard
of India & USDA-NOP

STORE IN A COOL DRY PLACE
BATCH NO. & BEST BEFORE: SEE BOTTOM