

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

NOTICE: Take this product with at least 8 ounces of water or other liquid. Taking this product without adequate fluid may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Do not take before bedtime. Fiber products can affect the absorption of many medications. Do not take this product within 2 hours of taking medications.

Carefully Manufactured by:
Solgar, Inc.
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SOLGB72315 02C



PSYLLIUM HUSKS FIBER 500 MG

GLUTEN, WHEAT & DAIRY FREE



SUITABLE FOR VEGETARIANS



200 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Vegetable Capsules
Servings Per Container: 100

Amount Per Serving		%DV
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
Psyllium Husk	1000 mg (1 g)	**
(Plantago ovata) (husk)		

*Percent Daily Values (DV) are based
on a 2,000 calorie diet

**Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate.

SUGGESTED USE: As a dietary supplement for adults, take two (2) vegetable capsules daily with a minimum of 8 oz. of juice or liquids. Should be taken preferably between meals or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

