



psyllium husks

Suggested Daily Intake: Take four (4) capsules daily with 8oz of water. Additional water may be helpful.

psyllium

Dosage Journalier Recommandé: Prendre quatre (4) capsules par jour avec 240ml d'eau. Boire de l'eau en quantité est utile.

semi di psillio

Consumo Quotidiano Raccomandato: Prendere quattro (4) capsule al giorno, con 240ml d'acqua. Potrebbe essere d'aiuto anche l'assunzione di ulteriori liquidi.

flohsamenschalen

Vorgeschlagene tägliche Einnahme: Nehmen Sie täglich 4 Kapseln mit 240ml Wasser ein. Mehr Wasser kann von Vorteil sein.

cáscaras de psilio

Dosis diaria recomendada: Tome cuatro (4) cápsulas diariamente con 240 ml de agua. Puede ser beneficioso beber más agua.

casca de psyllium

Dose Diária Recomendada: Tome de 1 a 4 cápsulas por dia com 40ml de água. Água adicional pode ser útil.

#1231 • C17

BIOVEA®

psyllium husks

guaranteed premium quality

2000mg
dietary
supplement

180
vegetarian
capsules



Supplement Facts

Serving Size: Four (4) Vegetarian Capsules

Servings Per Container: 45

	Amount Per Serving	% DV
Calories	10	
Total Carbohydrate	2g	<1%**
Dietary Fiber	2g	8%**
Soluble Fiber	1g	*
Psyllium Husk (<i>Plantago ovata</i>)	2000mg	*

*Daily Value (DV) not established.

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

Other Ingredients: Vegetarian capsule (hypromellose), magnesium stearate (vegan source), rice flour.

Warning: If you are pregnant or lactating, consult a health care professional before using this product. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.

Choking Warning: Taking this product without adequate fluids may cause it to swell and block your throat or esophagus and 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.

Manufactured for: BIOVEA®
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