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1-800-961-4750
Certified Kosher • Vegan Product



#1755 • L16

psyllium powder

Suggested Daily Intake: Mix 2 tablespoons with at least 6-8oz of water or juice. Consume immediately. Taking this product without enough liquid may cause choking.

psyllium en poudre

Dosage Journalier Recommandé: Mélanger 1-2 cuillères à soupe avec au moins 180-230 ml d'eau ou de jus de fruit. A consommer immédiatement. Il est important de mélanger le produit avec assez de liquide afin de ne pas vous étouffer.

psillio in polvere

Consumo Quotidiano Raccomandato: Mischiare one o due cucchiari con almeno 180-230 ml. d'acqua o succo di frutta. Consumatelo immediatamente. E' importante mischiare il prodotto con abbastanza liquidi così che non soffocate.

flohsamen pulver

Vorgeschlagene tägliche Einnahme: 1-2 EL in ein Glas Wasser oder Saft einrühren und unverzüglich einnehmen. Nicht genügend Flüssigkeit kann dazu führen, dass die Flohsamenschale im Hals stecken bleiben.

psilio en polvo

Dosis diaria recomendada: Mezclar 1 ó 2 cucharadas con al menos 180-230ml de agua o zumo. Consumir inmediatamente. Tomar este producto sin suficiente liquido puede causar asfixia.

psílio em pó

Dose Diária Recomendada: Misture 1-2 colheres de sopa com pelo menos 180-230ml de água ou suco. Consumir imediatamente. Ingerir este produto sem liquido suficiente pode causar sufocamento.

BIOVEA

PSYLLIUM POWDER

MADE WITH ORGANIC PSYLLIUM HUSK

with 8g
of soluble
fibre per
serving

336 GRAMS (11.8 oz)
Dietary Supplement



Supplement Facts

Serving Size: 2 Tablespoons (12g)

Servings Per Container: 28

Typical Amount Per Serving	% Daily Value**	
Calories	40	
Total Carbohydrate	10g	3%
Dietary Fiber	10g	40%
Soluble Fiber	8g	*
Insoluble Fiber	2g	*
Sodium (from organic psyllium husk)	15mg	< 1%
Organic Psyllium Whole Husk (<i>Plantago ovata</i>)	12g	*

* Daily Value (DV) not established

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

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. Tamper Evident, use only if seal is intact. This product is not intended for weight reduction or as a meal replacement.

NOTICE: 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.

Diets low in saturated fat and cholesterol that include 7 grams of soluble fibre per day may reduce the risk of heart disease. One serving of our psyllium husk powder provides 8 grams of this soluble fibre.