

DIRECTIONS: As a dietary supplement for adults, 2 capsules with an 8 ounce glass of water, or as directed by a health professional. Taking this product without enough liquid may cause choking. Do not take before bedtime. See warning.

Store at room temperature.
Protect from light.
Keep out of reach of children.

Bronson Laboratories
Lindon, UT 84042
Made in USA

For Customer Information
Call 1-800-235-3200
REF 0407

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



Lot No/Use By:

BRONSON[®]
Laboratories
EST. 1960

No. 599B

Psyllium Husks

500 mg.

ASSISTS **DIGESTIVE HEALTH**
AND **MAINTAINS REGULARITY***

Dietary Supplement
240 Capsules

Supplement Facts

Serving Size 2 Capsules

Amount Per Serving	% Daily Value	
Total Carbohydrate	< 1 g	< 1%*
Dietary Fiber	< 1 g	4%*
Psyllium Husk (<i>Plantago ovata</i>)(seed husk)	1,000 mg	†

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

† Daily Value not established.

OTHER INGREDIENTS: Gelatin, vegetable magnesium stearate and silicon dioxide.

If you are pregnant, nursing or taking any medications, consult your health professional before use. Take this product with at least 8 ounces of water. 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, difficulty swallowing or breathing after taking this product, seek immediate medical attention. Fiber products can affect the absorption of many medications. Do not take this product within 2 hours of taking medications. As a reminder, discuss supplements and medications you take with your health professional.