

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy. ***Your health & safety are our first priority!***



No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

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

TO REORDER PROD. # **3241**
www.vitaminworld.com

1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
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B3241 06C



INSPIRED BY NATURE

Psyllium Husks

500 MG

Regularity &
Colon Health*

DIETARY FIBER SUPPLEMENT

200 rapid release capsules

DIRECTIONS: For adults, take two (2) capsules, one to three times daily, with at least 8 ounces of water or other fluid.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 100

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

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

***Daily Value not established.

Other Ingredients: Gelatin, Vegetable Magnesium Stearate, Silica.

NOTICE: Take this product with at least 8 ounces of water or other fluid. 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.

Psyllium seed husks are a source of soluble fiber and a healthy addition to your diet.