



# Psyllium Seed Husks

A Dietary Supplement



**Douglas  
Laboratories®**

**12 Ounces**

## Supplement Facts

Serving Size 2 rounded  
tablespoons (12 grams)  
Servings Per Container approx. 18

Amount Per Serving		%DV†
Calories	5	
Sodium	7.2 mg	<1%
Total Carbohydrate	9.6 g	3%
Dietary Fiber	9.6 g	38%
Protein	0.5 g	1%
Psyllium (seed husks) (purified)	12 g	*

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

\*Daily Value not established.

Manufactured in the USA by:  
**Douglas Laboratories**  
600 Boyce Road  
Pittsburgh, PA 15205 USA  
[www.douglaslabs.com](http://www.douglaslabs.com)

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sugar, starch, artificial coloring, preservatives or flavoring.

**Suggested Usage:** As a dietary supplement, adults mix vigorously 1 or 2 tablespoons in water or juice or as directed by healthcare professional.

Close medical supervision is recommended before and during the use of this or any other nutritional or dietary supplement. Consult your physician immediately should you feel any discomfort or suffer any adverse health effects while taking this or any other dietary supplement.

**KEEP OUT OF REACH OF CHILDREN.**

For optimal storage conditions,  
store in a cool, dry place.  
(59°-77°F/15°-25°C)

(35-65% relative humidity)

Tamper resistant package,  
do not use if outer seal is missing.

Formula #7952P