

Not for sale in California



# Hi-Fiber

## Psyllium Capsules

DIETARY SUPPLEMENT

Promotes Regularity and a Clean Colon\*  
300 Capsules: 500 mg

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

### Supplement Facts

Serving Size 6 Capsules  
Servings Per Container 50

	Amount Per 6 Capsules	% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%**
Dietary Fiber	2 g	10%
Soluble Fiber	2 g	†
Potassium	27.8 mg	<1%
Psyllium Husk Powder (seed)	3 g	†

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other Ingredients: Magnesium stearate, beef gelatin capsule.

**Directions:** Take 6 capsules once or twice daily, preferably in the evening, with at least 8 oz. of water. Take in an upright position.

#### POTENCY & QUALITY GUARANTEED

Distributed by Carlson Division of J.R. Carlson Laboratories, Inc.  
Arlington Heights, IL 60004 • 888-234-5656 • 847-255-1600  
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### Promotes Regularity\*

The finely ground psyllium husks in Hi-Fiber promote regularity by retaining moisture and adding bulk to waste material in the colon.\* Hi-Fiber helps ease elimination and cleanse the colon naturally and effectively without the use of chemical stimulants.

### Promotes Heart Health\*

Fiber is an important part of a well-balanced diet. Diets low in saturated fat and cholesterol that include seven grams of soluble fiber per day from psyllium husks may reduce the risk of heart disease. One serving of Carlson Hi-Fiber provides 2 grams of soluble fiber.

✓ Milk/Casein-free ✓ Preservative-free ✓ Soy-free

**NOTICE:** Take this product with a full glass of liquid. Taking without enough liquid may cause choking. Do not use when acute abdominal pain, nausea or vomiting are present. Consult a health professional before using this product if you are pregnant or nursing a baby. Do not take this product if you have difficulty swallowing. May cause an allergic reaction in those individuals sensitive to psyllium.

Keep container tightly closed, and out of the reach of children. Store away from heat and moisture.

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9.875" x 3.875"

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