

# NATURAL BRAND™ COLON PURE™

For relief of occasional constipation (irregularity). This product generally produces bowel movement in 12 to 72 hours. Several days may be needed to establish regularity.

Daily consumption of dietary fiber can offer many health benefits and plays a crucial role in promoting the health of the colon. Dietary fiber provides bulk, eases passage and helps to speed transit time through the digestive tract. It also aids in glucose absorption and may promote healthy cholesterol levels. Experts in the field of health and nutrition agree that adults should consume 25 to 35 grams of dietary fiber every day to maintain good health.

**WARNING:** Take product mixed or blended with at least 8 fl. oz. of water or juice. Taking it without adequate fluid may cause product to swell and block throat or esophagus, causing choking. Don't take product if you have had throat or swallowing problems. Seek medical attention if chest pain, vomiting or difficulty in swallowing or breathing occur after taking product.

Store below 86° F (30° C).  
Keep tightly closed, protect contents from humidity. Tamper evident: Do not use if imprinted inner seal is broken or missing.

For More Information:  
1-888-462-2548  
**SHOP NOW @ GNC.COM**  
Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222

## GNC



UNFLAVORED

Dissolves quickly and easily

NET WT 19 OZ (540 G)

CODE 350971

FNG

**DIRECTIONS:** Fill an 8 oz. glass with cool water, milk, fruit juice or other liquid. Taking this product without enough liquid may cause choking (see warning). Sprinkle one rounded teaspoonful of powder into the liquid. Stir rapidly and drink immediately. An additional glass of liquid is helpful. **USUAL ADULT DOSAGE:** One rounded teaspoonful one to three times daily before or after meals, at bedtime or as directed by your healthcare provider. **CHILDREN 6 to 12 years of age:** Half the adult dose or less than 8 fl. oz. of liquid as directed by your healthcare provider. **CHILDREN UNDER 6 years of age:** Consult your healthcare provider.

## Nutrition Facts

Serving Size One Rounded Teaspoon (6 g)  
Servings Per Container 90

### Amount Per Serving

Calories 20

Calories from Fat 0

% Daily Value†

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 5g 2%

Dietary Fiber 5g 20%

Sugars 0g

Protein 0g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 8%

† Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs.

**INGREDIENTS:** Psyllium Seed Husk.

**NOTICE:** Significant product settling may occur.

No Sugar, No Artificial Colors, No Artificial Flavors, No Preservatives.