

TAMPER EVIDENT SEAL UNDER CAP. DO NOT USE IF BROKEN.

Colon Cleanse[®] Organic

SUGGESTED USE: Adults: For persons 150 pounds and more: 1 heaping tablespoon three times daily. For persons under 150 pounds: 1 tablespoon twice daily. Mix with 8 oz. of water and drink immediately.
Children (6-12 years): Half a tablespoon twice daily.

Good For Your Heart

Soluble fiber from foods such as **Organic Psyllium Husk**, as a part of a diet low in saturated fat and cholesterol, **may reduce the risk of heart disease**. A serving of Colon Cleanse Organic supplies 4g of the 7g of soluble fiber from Organic Psyllium Husk necessary per day to have this effect.

Suggested use for weight management:

Take one tablespoon (approx. 6g) about an hour before every meal, with at least 8 oz. of water. Organic Psyllium Husk promotes a feeling of fullness, which may help you to eat less at mealtime.* It also provides fiber that helps promote good bowel movements, which are essential for weight management.*

Fill controlled by weight not volume.

In case of disposal, place in trash and avoid disposal in any plumbing system.



Key Ingredient

Organic Psyllium Husk

Colon Cleanse[®] Organic

Natural Daily Fiber

- Promotes Heart Health*
- Supports Regularity*

Gluten FREE



56 Servings

NET WT. 12 OZ. (340g)
Psyllium Husk Dietary Supplement

Supplement Facts

Serving Size: 1 Heaping Tablespoon (6g)
Servings Per Container: 56

	Amount Per Serving	%Daily Value
Calories	20	
Total Carbohydrate	5g	2%**
Dietary Fiber	5g	20%**
Soluble Fiber	4g	†
Iron	0.7mg	4%
Organic Psyllium Husk	6g	†

**Percent Daily Values are based on a 2000 calorie diet.
†Daily Value not established.

***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.**

For California Residents Only. **Warning:** This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

Notice: This dietary supplement should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not use this product if you have difficulty swallowing.



Manufactured for:
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GATEWAY TO BETTER HEALTH



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