

Psyllium Husk

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. water, juice or your favorite beverage. Drink immediately.

Children: (6-12 years) 1/2 the regular adult dosage

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

Supplement Facts

Serving Size: 1 Heaping Tablespoon (7g)

Servings Per Container: 48

	Amount Per Serving	%Daily Value
Calories	25	
Total Carbohydrate	6g	2%**
Dietary Fiber	5g	22%**
Soluble Fiber	4g	†
Iron	0.8mg	4%
Psyllium Husk	7g	†

**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.

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