

 EASY PEEL LABEL

## RAW ORGANIC PSYLLIUM SEED HUSK POWDER

Psyllium husks come from the crushed seeds of the *Plantago ovata* plant, an herb native to parts of Asia, Mediterranean parts of Europe, and North Africa. Psyllium is primarily dietary fiber, which offers digestive health support.<sup>†</sup> Fiber provides bulk and helps to speed transit time through the digestive tract.<sup>†</sup>

 Visit [www.bareorganics.com](http://www.bareorganics.com) for great recipes and ideas.

Raw • Organic • Vegan • Non-GMO • Gluten Free

<sup>†</sup>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.

**BENEFITS:**  
Digestive health.<sup>†</sup>

**SUGGESTED USE:**  
Mix 2 scoops with at least 8 oz. (240ml) of water or juice. Consume immediately. Taking this product without enough liquid may cause choking.

**bareorganics**  
Superfoods to nourish your life.

RAW ORGANIC



# PSYLLIUM SEED HUSK



- good source of fiber
- supports digestive health<sup>†</sup>

NET WT 8 OZ (227g)  
DIETARY SUPPLEMENT



## Supplement Facts

Serving Size: 2 Scoops (5.6g)  
Servings Per Container: About 41

Amount Per Serving	%DV	
Calories	16	
Total Carbohydrate	5 g	2%*
Dietary Fiber	5 g	18%*
Organic Psyllium Seed (husk)	5.6 g	**

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

MANUFACTURED FOR: BAREORGANICS®  
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[www.bareorganics.com](http://www.bareorganics.com)  
Certified Organic by: A Bee Organic

**NOTICE:** This product is not intended for weight reduction or as a meal replacement. Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

## Let's Reduce Landfill Waste!

How do you repurpose your BareOrganics containers? #barelyused

   
@BareOrganicsSuperfoods

This container is reusable, BPA free, 100% recyclable, microwave and top shelf dishwasher safe.



**Note:** Silica packet included to help maintain freshness. Do not consume.  
**Warning:** If you are pregnant or lactating, consult a healthcare professional before using this product. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place away from sunlight and moisture. Do not use this product if tamper-evident seal has been removed or is broken.



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