

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

# Every Day Fiber®

**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.

As a means of adding beneficial fiber to your diet, Every Day Fiber may be taken daily.

## Good For Your Heart

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

## Suggested use for weight management:

Take one tablespoon (approx. 7g) about half an hour before every meal, with at least 8 oz. of water. Psyllium Husk promotes a feeling of fullness, which may help you eat less at meal time.\* 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.**



# EVERY DAY FIBER®

KEY INGREDIENT

**PSYLLIUM HUSK**



**Supports Heart Health\***



**Gentle Internal Cleansing\***



**Helps Maintain Regularity\***

48 Servings  
**NET WT. 12 OZ. (340g)**  
DIETARY SUPPLEMENT

**GLUTEN FREE**

## 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	0.8g	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.



Manufactured by:



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