

Psyllium Seed provides a good source of fiber in every tablespoon. Getting sufficient fiber every day is important for digestive and colon health, as well as overall heart health.\* Many Americans are not getting the recommended amounts of fiber on a daily basis.

Solgar's KOF-K certification #K-1250

This product is sold by weight, not by volume; therefore settling will occur.

\*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.

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# PSYLLIUM SEED HUSKS POWDER

GASTROINTESTINAL SUPPORT\*

GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGETARIANS



NET WT. 10 oz. (280 g)

DIETARY SUPPLEMENT

Supplement Facts		
Serving Size: 1 Tablespoon (Approx. 5.8 g)		
Servings Per Container: About 48		
Amount Per Serving	%DV	
Calories	15	
Total Carbohydrate	4 g	1%**
Dietary Fiber	4 g	16%**
Sodium†	5 mg	<1%**
Psyllium Seed Husks	5.8 g	***
**Percent Daily Values (DV) are based on a 2,000 calorie diet		
***Daily Value (DV) not established		

Ingredient: Psyllium Seed Husks.

†Naturally occurring; therefore amount may vary.

**FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Artificial Flavor, Sweetener, Preservatives and Color.**

**SUGGESTED USE:** As a dietary supplement for adults, stir one (1) level tablespoon (approx. 5.8 grams) with a minimum of 8 ounces of water or your favorite beverage. Take one to three times daily, between meals, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

**NOTICE:**  
Take this product with at least 8 ounces of water or other fluid. Taking this product without adequate fluid may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Do not take before bedtime. Fiber products can affect the absorption of many medications. Do not take this product within 2 hours of taking medications.

