

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Psyllium Husk provides an excellent source of dietary fiber, which is often lacking in the typical diet. Psyllium Husk is a bulk-forming fiber which helps to initiate the natural movement of the bowel and improve the overall health of the colon. Psyllium Husk supplies gentle cleansing action to the body — unlike many laxative products, which can be irritating to the gut. Psyllium Husk contains both soluble and insoluble fiber for a more complete fiber product. Our non-irradiated, non-GMO Psyllium Husk vegetarian capsules offer a natural, gentle source of fiber which promotes proper digestion and regularity.†

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

† 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.

NON-IRRADIATED
NON-GMO
**PSYLLIUM HUSK
VEG CAPS**
550 mg

Supports Digestive Wellness†
Dietary Supplement

90 VEGETARIAN CAPSULES



Supplement Facts

Serving Size 1 Vegetarian Capsule

Servings Per Container 90

Amount Per Serving

% Daily Value

Psyllium Husk (*Plantago ovata*)

550 mg

*

* Daily Value not established.

Other Ingredients: Vegetarian capsule (cellulose) and magnesium stearate (vegetable source).

SUGGESTED USE: As a dietary supplement, consume 1-4 capsules with a full glass of liquid. Begin usage gradually to allow your system to adjust to the increase of fiber in your diet.

NOTICE: This product should be consumed with at least a full glass of liquid. Consuming this product without enough liquid may cause choking. Do not consume this product if you have difficulty in swallowing.

KEEP OUT OF REACH OF CHILDREN.

VL 933C

