

**TAMPER EVIDENT:** Do not use this product if imprinted foil seal under cap is broken or missing.

Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs)

Keep tightly closed.

Store at room temperature: 59°-86°F (15° to 30°C).

**KEEP OUT OF REACH OF CHILDREN.**

**WARNING:** If you are pregnant or nursing, consult your physician before taking this product. Psyllium Husks should be taken with at least a full glass of liquid. Taking Psyllium Husks without a full glass of liquid 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.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



FORMULA  
436

WONDER

Laboratories®

# PSYLLIUM HUSKS

## 525 MG

INTESTINAL HEALTH & COLON CARE

**Supports Healthy Regularity \***

**Gluten Free**

Dietary Fiber Supplement

**360 CAPSULES**

## Supplement Facts

Serving Size 2 Capsules

Servings Per Container 180

Amount Per Serving	
Calories	5
Total Carbohydrates less than 1 g	less than 1%**
Dietary Fiber.....less than 1 g	3%**
Soluble Fiber .....less than 1 g	***
Psyllium Husks (seed) ... 1050 mg	***

**\*\*Percent Daily Values are based on a 2,000 calorie diet.**

**\*\*\*Daily Value not established.**

Other ingredients: K-Gelatin, vegetable cellulose, vegetable magnesium stearate.



**DIRECTIONS:** For adults, as a dietary supplement, take 2 capsules three times daily, with a minimum of 8 fl. oz. of water, 30-60 minutes before meals.

Dist. by: **Wonder Laboratories®**, 115 S.C.T. Ct.  
White House, TN 37188

**Made in USA**

Rev. #02