

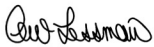
**SUGGESTED USE** Consume one or more capsules daily with each meal or as directed by your physician. As with any dietary supplement, this natural product is most effective as part of a healthy diet and active lifestyle. **For questions about the use of this product call 800.332.7799.**

**NOTICE** All fiber products should be taken with ample liquid. Consuming any fiber product without adequate fluid may cause choking. Do not use fiber products if you have difficulty swallowing. If you feel abdominal discomfort when using this product, discontinue use and consult a physician. Initially, when using this product, evacuations may not occur until the second day, hence you may experience a temporary feeling of fullness. Ingested Psyllium Husk may cause rare allergic reactions. If you are taking prescription medicines, it is best to consume them an hour or more before or after this product.

**FOR OVER 40 YEARS**  
**Unsurpassed Purity, Quality and Efficacy**

100% SOLAR PRODUCTION | ZERO CARBON FOOTPRINT

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Andrew Lessman, Founder

**QUESTIONS? | REORDERS?**  
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## Naturally Gentle Pure Psyllium Fiber

# FIBERMUCIL™

Natural Psyllium Fiber in Small Capsules

Rich in Water-Soluble and Bulk Fiber  
plus Lactobacillus Friendly Flora



Dietary Supplement | **360** Easy-to-Swallow Capsules

**Andrew Lessman's FIBERMUCIL** is all-natural, 100% pure, encapsulated Psyllium Husk powder from the high-fiber *Plantago ovata plant*. It contains no additives and provides an unparalleled, natural source of fiber without unpleasant problems. **Fibermucil** is a gentle, ultra-fine powder in small, easy-to-swallow capsules. Unlike typical fiber products and drinks there are no added colors, flavors, calories or synthetic ingredients. Dietary fiber provides a myriad of health benefits and is often considered the most overlooked ingredient in the American diet. Not only does fiber support weightloss by providing feelings of fullness, but the unique soluble fiber in **Fibermucil** can also help to support healthy blood cholesterol levels. It is well established that daily consumption of soluble fiber, such as that found in **Fibermucil**, is an easy means of supporting heart health. The natural fiber in this product acts as a gentle “sponge” and “broom” to naturally cleanse the digestive tract, removing undigested food, debris and other digestive by-products. Fiber is required for regularity and improving gastrointestinal (GI) transit time helping to remove undesirable digestive byproducts from the body. Decades of clinical science consistently demonstrate the short and long-term health benefits of a high-fiber diet. It is well established that adequate fiber intake is vital for the optimal health and function of not just the digestive system, but all body systems. We also add *Lactobacillus sporogenes* to enhance the balance of friendly flora in the GI microbiome. **Fibermucil** provides a gentle, but powerful source of Mother Nature’s best source of dietary fiber without any of the undesirable ingredients or unpleasant problems associated with typical fiber products.

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.

**CONTAINS NO COMMON ALLERGENS**

### Supplement Facts

Serving Size 2 Capsules	Servings Per Container 180	
Amount Per Serving		%DV*
Calories 0		
Total Carbohydrate	1 g	<1%
Dietary Fiber	1.1 g (1,100 mg)	4%
Soluble Fiber	0.9 g (940 mg)	†
Insoluble Fiber	0.2 g (160 mg)	†
Psyllium, powder (husk)	1.3 g	†
Lactobacillus sporogenes	13 Million CFU	†

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

Other Ingredients: Gelatin capsule.

**CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients, or manufacturing additives.