



GENESTRA
BRANDS®

Herbal Bulk

Dietary Supplement

Helps promote regular bowel movements†

NET WEIGHT 454 g (16.01 oz)

v3 **410-454U**
Made in Canada for
Seroyal USA
Pittsburgh, PA 15275
1-888-737-6925
seroyal.com

Supplement Facts

Serving Size 2 Teaspoons (12 g)
Servings per Container about 37

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	10 g	4% ^
Dietary Fiber	9 g	32% ^
Total Sugars	1 g	*
Includes 1 g Added Sugar		2% ^
Psyllium (<i>Plantago ovata</i>) Hull	3.6 g	*
Oat (<i>Avena sativa</i>) Bran	3.0 g	*
Rice (<i>Oryza sativa</i>) Bran	2.4 g	*
Apple Pectin (from <i>Malus domestica</i> fruit)	600 mg	*
Guar Gum (from <i>Cyamopsis tetragonoloba</i> seed)	600 mg	*

* Daily value (DV) not established

^ Percent daily values (DV) are based on a 2,000 calorie diet

Other ingredients: Fructose, magnesium trisilicate

May contain gluten (oat)

Recommended Dose: Take 2 teaspoons 2 times daily or as recommended by your health professional. Mix with 8 oz of water or juice. Follow immediately with another 8 oz of water. **Warning:** If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. **Keep out of the reach of children.** Use only if safety seal is intact. Store in a cool, dry place.

†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.



Packaged by weight, not volume.
Settling may occur.

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