

swanson.com
or call 1-800-437-4148

- A good source of soluble dietary fiber
- Traditionally used as a colon cleanser and for bowel regularity
- Unflavored for convenient use

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, mix two level scoops (5 g) with juice, water or milk one to two times per day. Begin with one serving per day, gradually increasing to two servings. Scoop included.

NOTICE: This product should be taken with at least eight ounces of liquid. Consuming this product without enough liquid may cause choking. Do not take this product if you have difficulty swallowing.

WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

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.



SWANSON®

Psyllium Husk Powder

Digestive Health

5 g per serving

FINE MILLED & UNFLAVORED

DIETARY SUPPLEMENT | NET WT 12 OZ (340 G)

Supplement Facts

Serving Size 2 Level Scoops (5 g)

Servings Per Container 68

Amount Per Serving	% Daily Value	
Calories	15	
Total Carbohydrate	4 g	1%
Dietary Fiber	4 g	14%
Soluble Fiber	4 g	*
Psyllium Seed Husk	5 g	*

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

*Daily Value not established.

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