

SHAKE WELL BEFORE USE. ADULTS TAKE UP TO 30 DROPS (1 ML, ONE FULL SQUEEZE OF THE DROPPER BULB) IN 3-4 FL. OZ OF JUICE OR WATER UP TO 4 TIMES A DAY.

WE RECOMMEND TO SEEK EXPERT MEDICAL ADVICE BEFORE TAKING. CONSULT A PHYSICIAN BEFORE GIVING TO CHILDREN UNDER 18, BEFORE USING DURING PREGNANCY, IF NURSING, OR IF YOU ARE ON ANY MEDICATIONS. MAY HAVE CONTRAINDICATIONS AND CAUSE ADVERSE REACTION. DO NOT USE IF YOU ARE ALLERGIC TO ANY INGREDIENTS. STORE IN A COOL, DRY, DARK PLACE.  
**KEEP OUT OF THE REACH OF CHILDREN!**

THIS PRODUCT HAS NOT BEEN EVALUTED BY THE FDA AND IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

**cGMP**

MADE IN COMPLIANCE WITH cGMP 21 CFR 111 IN AN FDA REGISTERED AND INSPECTED FACILITY.



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BEST USE BY : MM/DD/YY G-MMDDYY-PSPOS

**SUGAR  
FREE**



**HerbalTerra**

**PSYLLIUM**

*Plantago Ovata*

EXPERTLY EXTRACTED

100%

NATURAL

PREMIUM PRODUCT



**ALCOHOL  
FREE**

**HERBAL SUPPLEMENT**

**2 fl.oz (60 ml)**

## Supplement Facts

Serving Size: 1 ml

Servings Per Container: 60

Amount per Serving	% DV
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Ⓞ Psyllium	†
Plantago Ovata	
Dry Seed extract 1156 mg Ⓞ	

† Daily Value (DV) Not Established.

### OTHER INGREDIENTS (MENSTRUUM):

Vegetable USP grade glycerin (60%), water (40%).

Ⓞ Extraction rate:

about 1/3-4 (up to 333 mg of dry raw material per 1 ml of extract).

Ⓞ Organic Raw Material.

**NO** Alcohol (Ethyl), Artificial Ingredients, Color Additives, Fillers or Binders.



MADE IN USA



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GLUTEN FREE