

**SUGGESTED USE** Consume two capsules daily—preferably with food. You can increase or decrease your intake as required or as guided by your physician. **For questions about the use of this product call 800.800.1200.**

**NOTICE** Always consume fiber with ample liquid. Do not use if you have issues swallowing. If abdominal discomfort results, discontinue use and contact physician. Psyllium husk may cause rare allergic reactions. Consume prescription medicines at least an hour before or after this product.

**Since 1979, Unsurpassed Purity, Quality and Efficacy.**

**100% SOLAR PRODUCTION ZERO-CARBON FOOTPRINT**

**QUESTIONS? REORDERS?  
800.800.1200 PROCAPS.COM**

**Manufactured by ProCaps Labs  
Henderson, NV 89011**



ANDREW LESSMAN



Mild • Natural • Non-Bloating  
**FIBERMUCIL™**

**Natural Psyllium Fiber in Small Capsules**

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



**360 EASY-TO-SWALLOW CAPSULES**

**FIBERMUCIL** is a 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 fiber's typical unpleasant problems. **Fibermucil** is delivered as 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. Fiber supports weight loss by providing feelings of fullness. It is also well established that the soluble fiber abundant in **Fibermucil** is an easy means of supporting healthy cholesterol levels and heart health. Natural **Fibermucil** also acts as a gentle *sponge* and *broom* naturally promoting regularity and transit time while cleansing the digestive tract of undigested food, debris, toxins and digestive by-products. Decades of clinical science have consistently proven the extensive health benefits of a fiber-rich diet to all body systems. **Fibermucil** provides a gentle, but powerful source of Mother Nature's best source of dietary fiber without 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)	†
<b>Psyllium, powder (husk)</b>	<b>1.2 g</b>	<b>†</b>
<b>Lactobacillus sporogenes</b>	<b>13 Million CFU</b>	<b>†</b>

\* 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.