

POWERFUL PSYLLIUM HUSK SUPPLEMENT

SUGGESTED USE: FOR OCCASIONAL USE ONLY: 2 capsules taken 1 to 3 times daily with 8 ounces of water or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dose. This product should be consumed with at least a full glass of liquid. Consuming this product without enough liquid may cause choking. Do not consume this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Read and follow directions carefully. This product is not intended for pregnant or nursing mothers or children under the age of 18. Do not use this product if you have abdominal pain, diarrhea or loose stools. Rectal bleeding, abdominal cramping, and / or failure to have a bowel movement after the use of a laxative formula may be an indication of a more serious condition. Should this occur, or if you have a known medical condition and are taking medication, consult your physician prior to taking this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

KEEP OUT OF THE REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS DAMAGED
OR MISSING. 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.



**PREMIUM
MAX STRENGTH**

MADE IN USA
USING GLOBALLY SOURCED INGREDIENTS

SOY FREE

DAIRY FREE

PSYLLIUM HUSK CAPS

HELPS SUPPORT REGULARITY*

GREAT FOR DIGESTION*

SUPPORTS INTESTINAL HEALTH*

DIETARY SUPPLEMENT

1450
MG

PER SERVING

240
CAPSULES

NON-GMO



SCAN &
LEARN MORE

MANUFACTURED IN THE USA EXCLUSIVELY FOR
**NUMBER ONE
NUTRITION**

3100 Bowling Drive,
Birmingham, AL 35242
numberonenutrition.com

Supplement Facts

Serving Size 2 Capsules
Servings Per Container: 120

Amount Per Serving	%Daily Value
Calories	5
Total Carbohydrates	1 g <1%†
Dietary Fiber	1 g 4%†
Psyllium Husk Powder (hulls)	1450 mg **

**Daily Value not established.

†Percent Daily Value based on a 2,000 calorie diet.

Other ingredients: Gelatin (bovine), vegetable magnesium stearate, and silicon dioxide.