

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

- A source of soluble fiber
- Assists with occasional constipation**
- Promotes bowel regularity for gastrointestinal health**
- Maintains healthy cholesterol levels**

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule three times per day with a full 8-ounce glass of water.

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. This product should be taken with at least 8 ounces of liquid. Consuming this product without enough liquid may cause choking. Do not use product if you have difficulty swallowing.

⚠ WARNING: Cancer and Reproductive Harm—
www.P65Warnings.ca.gov

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 Husks

Digestive Health**

610 mg per capsule

DIETARY SUPPLEMENT | 300 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value	
Calories	5	
Total Carbohydrate	1 g	0%
Dietary Fiber	<1 g	2%
Psyllium Seed Husk	610 mg	*

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

*Daily Value not established.

Other ingredients: Gelatin.

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