

**GNC**

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Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222

ACTUAL SIZE

NATURAL BRAND™

# PSYLLIUM SEED HUSK

dietary supplement

500 mg

180 Capsules

CODE 024112

DQG

**Directions:** As a dietary supplement, take two capsules with at least 8 fl. oz. of water or other fluid three times daily. Taking this product without enough liquid may cause choking. See warning.

## Supplement Facts

Serving Size Two Capsules

Servings Per Container 90

Amount Per Serving	% Daily Value	
Total Carbohydrate	<1 g	< 1%†
Dietary Fiber	<1 g	3%†
Psyllium Seed Husk Powder ( <i>Plantago ovata</i> )	1000 mg	*

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

\* Daily Value not established.

**Other Ingredients:** Gelatin, Cellulose, Oat Bran Powder (*Avena sativa*).

**WARNING:** Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

No Sugar, No Starch, No Artificial Colors, No Artificial Flavors,  
No Wheat, No Corn, No Soy, No Dairy, Yeast Free.

**KEEP OUT OF REACH OF CHILDREN.**

**Store in a cool, dry place.**

