



Trust The Leaf™

Psyllium Seed

Latin Name

Plantago ovata

Description

Nature's Way psyllium seed is a mild bulk-forming laxative carefully tested to assure purity and quality.

Usage

Psyllium is useful in support of constipation (irregularity) It generally produces bowel movements in 12 to 72 hours. When immersed in the intestines psyllium increases in volume and swells the amount of intestinal matter. This stimulates and lubricates the bowels and helps move waste through the colon.*

Recommended Daily Dosage

Adults and children 12 years of age and over: Take four capsules twice daily. Children 6-12 years of age: Take three capsules twice daily. Children under 6 years of age: Consult a physician. Fluid intake should be increased when taking Psyllium.



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The following list is for serving size of 1 capsule

| Primary Ingredients | Amount | USRDA |
|---------------------|--------|-------|
| Psyllium Seed | 610 mg | 0% |

Other Ingredients

Gelatin

Sizes & Suggested Retail Price

100 capsules - \$8.49

**Synergistic Products**[Activated Charcoal](#)[Glucomannan](#)[Marshmallow](#)[Red Clover Combination](#)[Slippery Elm](#)**Additional Information**

Rectal bleeding or failure to have a bowel movement after use of a laxative may indicate a serious condition. Discontinue use and consult your doctor.

Usage Warnings

Do not use laxative products when abdominal pain, nausea or vomiting are present unless directed by a doctor. If you have noticed a sudden change in bowel habits that persists over a period of 2 weeks, consult a doctor before using a laxative.

Do not take with water-soluble supplements or medications in water suspension.

Because Psyllium forms an indigestible mass, it should be taken at different times than other supplements and should not be taken with water soluble supplements or medications in water suspension. Psyllium and other bulking agents should be avoided in ca

**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.*