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Psyllium Husk Powder

Dietary Fiber

Psyllium seed husk is an excellent, noncaloric source of soluble dietary fiber, which promotes healthy elimination and regularity. Psyllium also helps maintain healthy cholesterol and blood sugar levels.



enlarge bottle

Supplement Facts

Serving Size: 1 teaspoon

	Amount	%DV
Carbohydrates	5 g	0.02
Dietary Fiber	5 g	0.2
Soluble Fiber	5 g	†
Psyllium Seed Husk	5 g	†

Other Ingredients:

Warning: Take this product with a full 8 oz. glass of liquid. If you do not drink enough liquid, the product may swell in the throat causing blockage or choking. Avoid use if you have ever had throat or swallowing problems. Seek immediate medical help if pain or swelling/breathing difficulties occur. If you are pregnant or breastfeeding, consult your health care professional before using this product.

Suggested Use: Once a day, briskly stir one rounded teaspoon (5g) in 8 ounces of liquid (children, one-half teaspoon in 4 ounces of liquid). Drink immediately, before the liquid begins to gel.

Suitable for vegetarians. Contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

SN0779 12 oz

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