

**SUGGESTED USE:** 1 serving taken 1 to 3 times daily or as directed by a healthcare professional. For best results, mix with 12 ounces of cold water or beverage of choice, stir vigorously and drink immediately. If you are not experienced in taking Psyllium Husks, it may be best to start with smaller amounts of powder and work up to a full serving.

**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. Pregnant or nursing mothers, children under 18 years of age and individuals with a known medical condition should consult a physician before using 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.

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.

# Psyllium Husk Powder

Non-GMO Formula

**Dietary Supplement**  
**Net Wt. 10.6 oz (300 Grams)**

## Supplement Facts

Serving Size 1 Heaping Tablespoon (7 grams)  
 Servings Per Container: About 42

Amount Per Serving	%Daily Value	
Calories	25	
Total Carbohydrate	6 g	2%†
Dietary Fiber	6 g	21%†
Soluble Fiber	3 g	*
Psyllium Husk Fiber	7 g	*

\*Daily Value not established.

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

**KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

Vendor Code: RVF-386



COUNT PER BOTTLE	HDPE BOTTLE SIZE	HDPE LABEL SIZE	PET BOTTLE SIZE	PET LABEL SIZE
10.6 oz / 300 g	32 oz	5x11"	32 oz	5x11"