

60 CAPSULES

**Psyllium
Husk**
*Digestion
Support**
560 mg.
Herbal Supplement

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value**	
Total Carbohydrates	<1 g	<1%
Dietary Fiber	<1 g	2%
Psyllium husk powder (hulls)	560 mg	†

† Daily Value not established.

** Daily Values are based on a 2,000 calorie per day diet.

OTHER INGREDIENTS: GELATIN CAPSULE, SILICON DIOXIDE, RICE FLOUR.

DISTRIBUTED BY: INDIANA BOTANIC GARDENS, INC.
3401 W. 37TH AVE. HOBART, IN 46342

Suggested Use: Take 1 capsule twice daily, as a dietary supplement, or as directed by a physician.

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 in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

***THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.)
Best if used by date on bottle. Store in a dry, cool place.
KEEP OUT OF REACH OF CHILDREN
Any Questions? 1-800-644-8327
Website: www.botanicchoice.com

