

Supplement Facts

Serving Size 2 g (1 tsp.)

Servings Per Container 102

Amount Per Serving	% Daily Value	
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Calories	8	
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Sodium	11 mg	<1%†
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Carbohydrates	2 g	1%†
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Psyllium Husk	2 g	*
granular <i>Plantago ovata</i>		

* Daily Value not established

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