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Psyllium Husks Veg Caps

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PSYLLIUM HUSKS VEG CAPS *Capsules from Vegetable Source~Contains No Animal Products*

Promotes Regularity
Maintains Healthy Cholesterol Levels
Supports Heart Health

BENEFITS: Psyllium Husks is the strongest natural dietary fiber for promoting regularity and supporting heart health. It is most effective when used everyday, and can be used as long as desired. Yerba Prima offers the health benefits of Psyllium Husks in convenient vegetarian capsule form.

There are many reasons why psyllium husks are a part of daily health maintenance for millions of people. Extensive research has shown that psyllium husks help maintain healthy cholesterol levels, including a proper balance of HDL and LDL cholesterol. In addition, psyllium husks help promote normal regularity. Unlike stimulant laxatives, psyllium husks are gentle and are not habit forming. Psyllium husks' bulking action makes elimination easier and more comfortable. At the same time, psyllium sweeps waste and toxins more quickly out of the body, so toxins are not reabsorbed from the colon back into the bloodstream. Gluten-Free: psyllium husks do not contain any gluten so people who are gluten sensitive can use them. Yerba Prima uses only premium quality psyllium husks, without added sweeteners, colors or additives.

FOR REGULARITY: Psyllium husks promote easy, healthy elimination and sweep waste out of the colon more quickly. To maintain regularity and speed waste removal, take 4 capsules 1 to 3 times a day, with food.

FOR HEART HEALTH: To help maintain healthy cholesterol levels and support heart health, take 5 capsules 3 times a day, with food.

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 4-5 capsules, one to three times a day, with food.
CHILDREN 6 - 12: Psyllium Husks in powder form is recommended for ease of use. See Directions.

DIRECTIONS: Start by taking 1 serving each day. Gradually increase to 3 servings per day if needed. Swallow one capsule at a time. Take each serving with at least 8 ounces (a full glass) of water or other liquid. Drinking additional liquid is helpful. If minor gas or bloating occurs, reduce the amount you take until your system adjusts.

CAUTION: Do not take capsules if you have difficulty in swallowing. A very small percentage of individuals, particularly health care providers who have been occupationally exposed to psyllium dust, may develop a sensitivity to psyllium. This sensitivity may result in an allergic reaction. If you experience a strong reaction, with difficulty in swallowing or breathing, after taking this product, seek immediate medical attention. Keep out of the reach of children.

Supplement Facts

Serving size 4 capsules
Servings per container: 45

Amount per serving	% Daily Value*
Calories 8	
Total Fat 0g	0%
Total Carbohydrate 2.2g	<2%
Dietary Fiber 2.2g	9%
Soluble Fiber 1.8g	
Insoluble Fiber 0.4g	
Sugars 0g	
Protein 0g	
Calcium 5 mg	<2%
Sodium 2 mg	<2%
Potassium 22 mg	<2%
Psyllium seed husks 2.5 g	**

*Percent Daily Values are based on a 2,000 calorie diet
**Daily Value not established

Ingredients: Psyllium seed husks, cellulose capsule.

Note: The carbohydrate in this product is primarily non-digestible fiber; digestible carbohydrate is less than 1/2 gram per serving.