

Psyllium Husks Fiber
500 mg Vegetable Capsules

Dietary Supplement

SUITABLE FOR VEGETARIANS • SUGAR, SALT AND STARCH FREE

Gastrointestinal Support*

Supplement Facts
Serving Size 2 Capsules

	Amount Per 2 Capsules	% Daily Value
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
Psyllium Husks Fiber	1 g (1000 mg)	**

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

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Water. May contain vegetable glycerin.

NOTICE: Psyllium Husks Fiber should be eaten with at least a full glass of liquid. Eating Psyllium Husks Fiber without a full glass of liquid may cause choking. Do not eat this product if you have difficulty swallowing.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Solgar's Psyllium Husks Fiber Vegetable Capsules are free of corn, yeast, wheat, soy and dairy products and are formulated without the use of artificial preservatives, flavors or colors.

For more information call: 1-877-SOLGAR 4

UPC Code(s): 2315,2316

Available in Bottles of: 200,500

Solgar's KOF-K Kosher certification #K-1250 PARVE

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

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