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## Psyllium Husk 500 mg - 500 Caps




Surveys have shown that the fiber content of the American diet is typically about half of government recommended levels. Psyllium Husks can be a convenient way to increase the intake of dietary fiber. It has the ability to swell up to 50 times its initial volume when added to liquid. This bulking action can play an important role in maintaining regularity and gastrointestinal health.*

**PRODUCT #**: 5972
**UPC**: 733739059727
**SRP**: $18.99
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2003 Vity Award Winner

### Nutrition Info

Serving Size: 3 Capsules
Servings Per Container: 166

| | Amount Per Serving | % Daily Value |
|---|---|---|
| Calories | 6 | |
| Total Carbohydrates | 1.3 g | <1%* |
| Dietary Fiber | 1.1 g | 4%* |
| **Psyllium Husk Powder (*Plantago asiatica*) (seed)** | **1.5 g (1,500 mg)** | † |

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

### Details

**Serving Size:** 3 capsules

**Suggested Use:** As a dietary supplement, take 3 capsules with an 8 ounce glass of liquid, twice a day.

**Free of:** sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg or preservatives.

**Other Ingredients:** Gelatin (capsule) and Magnesium Stearate.

**Warnings:** Caution: Please discard the inedible freshness packet enclosed.

**Disclaimers:** *This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Psyllium is a natural plant fiber imported from India.

††Fiber is not digested, thus has no caloric effect.

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