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Whole Psyllium Husks - 12 oz



This popular version of our tablet-based product is pleasant tasting and mixes easily with your favorite liquids. Known for their uncanny ability to bulk over 100 times their original density, Psyllium Husk Powder offers an excellent source of natural fiber, essential to the promotion of digestive regularity.*

2003 Vity Award Winner

PRODUCT #: 5980
UPC: 733739059802
SRP: $6.49
Where to Buy
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Nutrition Info

	Amount Per Serving	% Daily Value
Calories ††	38	
Total Carbohydrate	9 g	3%*
Dietary Fiber	7.4 g	30%*
Calcium	30 mg	3%
Iron	180 mcg	1%
Psyllium Husks (*Plantago asiatica*)	**10 g (10,000 mg)**	†

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

Details

Serving Size: 2 level Tbsp

Other Ingredients: None. Vegetarian Product

Suggested Use: As a dietary supplement, mix 1-2 level tablespoons into at least 12 oz of water or juice and consume immediately. Be sure to drink plenty of additional fluids throughout the day. Start with smaller amounts and gradually increase over several weeks.

Warnings: Take this product as recommended. Without drinking enough liquid the product may swell in the throat, causing blockage or choking. Avoid use if you ever had esophageal narrowing or swallowing difficulties.

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

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Leaves of Tea, Tea Chest



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

This product is sold be weight not volume.

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**NOW Foods, quality supplements, discount nutritional supplements, affordable vitamins,
discount vitamins, natural vitamins, minerals, natural suppliments,
pre-natal vitamins, sports supplements, and health research.**

A holiday gift of warmth and happiness! One of the greatest gifts one can give is the gift of health, and now you can do just that with this beautiful sculpted metal tea chest. This...