

Supplement Facts

Serving Size ¼ oz. (7 grams or 1 heaping teaspoon)

Amount Per Serving		%DV
Calories	5	
Total Carbohydrate	4 g	1%*
Dietary Fiber	4 g	16%
High Potency Fiber Complex	6 g	**

Psyllium seed powder and whole (not powdered) psyllium seed husk in 50:50 ratio and apple pectin (a soluble fruit fiber).

Viable Probiotic Flora (at time of manufacturing)	4 mg	**
---	------	----

As a blend of the following: Lactobacillus lactis, Bifidobacterium bifidum, Lactobacillus plantarum, Lactobacillus brevis, Lactobacillus casei, Lactobacillus rhamnosus, Lactobacillus acidophilus, Lactobacillus salivarius, Enterococcus faecium, and Lactobacillus bulgaricus.

*Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Ingredients

Maltodextrin. Contains no other ingredients. Milk free. Vegetarian Formula.