

# Supplement Facts

Serving Size: 1 Vcap®

Servings per Container: 60

	Amount per serving	% Daily Value
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Psyllium (husks) . . . . .	750 mg. . . . .	†
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\* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

**Other Ingredients:** Plant Cellulose (Vcaps®)

**Suggested Use:** As an addition to the diet, take 1 or 2 capsules, three times daily with water at mealtime.

**WARNING:** Take this product with at least 8 oz of liquid. Taking this product without adequate liquids may cause choking. Do not take if you have difficulty swallowing. If you experience chest pain, vomiting or difficulty swallowing or breathing after taking this product, seek immediate medical attention.

**Double Safety Sealed:** Do not accept if either tear band on cap or inner freshness seal is damaged or missing.

**Psyllium Husk**, the dried outer shell of the Psyllium seed, is an excellent source of soluble fiber. It acts as a gentle, non-stimulant laxative to relieve occasional constipation, promote regularity, and support colon cleansing. **NOTE:** Herbalists recommend taking Psyllium Husk at least one hour apart from medications.\*

## Common uses include:

- Eases occasional constipation as gentle bulk laxative (no cramping)\*
- Soothes the gastrointestinal tract\*
- Supports healthy blood sugar levels and cholesterol levels that are in normal range\*

**Nature's Wonderland® Guarantee:** This product is guaranteed for purity, freshness and labeled potency.

Keep in a cool dry place with cap tightly closed.

**Vcaps®** is a registered trademark of Capsugel.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

