



# Psyllium

In conjunction with a low-fat diet, Psyllium may help reduce the risk of heart disease if used in adequate amounts. Numerous studies have shown that psyllium is effective in lowering total cholesterol and LDL-cholesterol levels in some with hyper-cholesterolemia. It is also helpful in some with constipation and may have benefit in some with diabetes. Psyllium must be taken with adequate amounts of water or fluids and should not be taken before going to bed.

CONTENTS	% DAILY VALUE
Psyllium (husk) - 700 mg	*

Other Ingredients: Magnesium stearate, stearic acid and microcrystalline cellulose.

As a dietary supplement, take two (2) tablets daily.

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

## WARNING

- Pregnant women and nursing mothers should use only if recommended by their doctor.
- Contraindicated in those with intestinal obstruction, fecal impaction, difficulty in swallowing and esophageal narrowing.
- The most common adverse reactions are flatulence and abdominal distention.