



Love Wins!

At the heart of ORGANIC INDIA is our commitment to be a living embodiment of love and consciousness in action. We have trained hundreds of small family farmers in India to cultivate thousands of acres of sustainable, organic farmland. All our products promote genuine wellness* and are made with love. The product you hold in your hands is one link in a chain of love, respect, and connectedness between our farmers and you. By choosing ORGANIC INDIA, you are joining this chain, which provides training and a living wage to the farmers, creates a sustainable environment, and brings happiness and well-being to you.

ABOUT PSYLLIUM

Doctor-recommended psyllium husk is a convenient way to maintain gastrointestinal health.* Derived from the seeds of the herb *Plantago ovata*, this bulk-forming dietary fiber naturally promotes healthy elimination and regularity while supporting the gastrointestinal system.*

WHY ORGANIC PSYLLIUM

Psyllium is one of India's key export crops, providing approximately 85% of the world's supply. While conventional psyllium husk products offer high fiber, most of these crops are grown on conventional industrialized farms that use pesticides, herbicides, chemical fertilizers, and post-harvest chemical treatments. ORGANIC INDIA psyllium is certified organic. No synthetic pesticides, herbicides, chemical fertilizers, or chemical treatments are used at any time. ORGANIC INDIA's certified organic farmers grow the highest quality organic psyllium available. From the planting of the seeds to the delivery at your store, ORGANIC INDIA maintains the highest standards of environmental awareness and social consciousness.

FIBER SOLUTIONS

If your goal is to achieve regular, satisfying elimination,* and support your heart health*, then start every day with ORGANIC INDIA certified organic Whole Husk Psyllium, or one of our other Fiber Harmony™ Organic Tri-Active Blend formulas: Orange, Peach, and Chocolate Flavor.

*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.



ORGANIC Whole Husk Psyllium

100% CERTIFIED ORGANIC FIBER



Excellent Source of Natural Dietary Fiber 48 SERVINGS

NET WT. 12 OZ (340g) • DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 heaping tablespoon (7g) Servings Per Container: 48

Table with 2 columns: Amount Per Serving, % Daily Value. Rows include Calories 25, Total Carbohydrate 6g (2%), Dietary Fiber 6g (22%), Soluble Fiber 4.3g, Organic Whole Husk Psyllium (seed) 7g.

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

ORGANIC INDIA psyllium is pharmacopeia grade and contains no sugar, sodium, cholesterol, fat, or additives.

SUGGESTED USE: Adults and Children over 12 years: One serving up to 2 times daily. Best taken before or between meals.

DIRECTIONS: Mix serving size with at least 8 oz of water, juice or your favorite beverage. Stir and drink immediately. If too thick, add more liquid and stir. Drinking an additional glass of water afterwards is advisable to ensure hydration.

NOTICE: Consuming this product without enough liquid may cause choking. Do not use this product if you have difficulty swallowing.



FOR HEART HEALTH Soluble fiber from foods such as ORGANIC INDIA psyllium as a part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of ORGANIC INDIA psyllium provides 4.3 grams of the 7 grams of soluble fiber necessary per day to have this effect.

MANUFACTURED IN INDIA Distributed in the USA by: Organic India USA 5311 Western Ave., Suite T Boulder, CO 80301 888-550-8332 www.OrganicIndiaUSA.com Certified Organic by SGS

STORE IN A COOL DRY PLACE



MAKERS of the ORIGINAL TULSI TEAS™

