

## Nutrition Facts

68 servings per container

**Serving size 1 Tbsp. (5 g)**

Amount per serving  
**Calories**

**15**

% Daily Value\*

**Total Fat** 0 g **0%**

Saturated Fat 0 g **0%**

*Trans* Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 5 mg **<1%**

**Total Carbohydrate** 4 g **1%**

Dietary Fiber 4 g **14%**

Soluble Fiber 3 g

Insoluble Fiber 1 g

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 0 g

Vitamin D 0 mcg **0%**

Calcium 10 mg **<2%**

Iron 0.8 mg **4%**

Potassium 50 mg **<2%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENT:** ORGANIC WHOLE BLOND PSYLLIUM HUSKS.

**DISTRIBUTED BY:** NHP, 125 SW 3rd Place  
Cape Coral, FL 33991 USA (877) 985-2696

**Certified Organic By:** Quality Assurance International.

**Product of India**

**SUGGESTED USE:** Adults, mix one (1) tablespoon (5 g) with at least 10 oz. of water, juice or other desired beverage. It is recommended to drink immediately.

**DO NOT USE IF SAFETY SEAL IS TORN OR DAMAGED.**

**CAUTION:** This food should be consumed with at least a full glass of liquid. Consuming this product without enough liquid may cause choking. Do not consume this product if you have difficulty in swallowing.

Dr. Mercola has been providing quality products since 2001.

**DR. MERCOLA®**  
PREMIUM NUTRITION

# organic WHOLE HUSK PSYLLIUM

Organic Whole Husk Psyllium is a bulk forming dietary fiber containing both soluble and insoluble fiber. Organic Whole Husk Psyllium contains certified organic psyllium husks derived from the seeds of *Plantago ovata*, with no fillers or artificial flavors added.

Organic Whole Husk Psyllium is not grown with the synthetic pesticides and chemical fertilizers that are applied to conventional crops, and is not irradiated as is typical for conventional psyllium.



Soluble fiber from foods such as psyllium seed husks, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Organic Whole Husk Psyllium supplies 3 grams of the 7 grams soluble fiber necessary per day to have this effect.

