

Psyllium Husk Fiber vitamins and Herbs.

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Psyllium, Husk, Fiber.

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Itemnumber: **N5922**

Manufacturer: [NOW](#)

Description: **Psyllium Husk Fiber**

UPC: **733739059222**

Size: **12 oz.**

Suggested Retail: \$8.99

Discount: **20% OFF MSRP**

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General Information and datasheet (NOW)

Psyllium Husk Fiber - 12 oz.

PRODUCT #: 5922

UPC:

733739059222

Psyllium is a true dietary fiber, even though it is classified by some as a laxative or mucilaginous fiber, and is a convenient way to increase intake of dietary fiber because of its high mucilage content. This bulking agent swells considerably when added to liquid, which can help to increase gastrointestinal transit time. This bulking action and increased transit time can play an important role in maintaining healthy gastrointestinal function.*

Psyllium Husk Fiber Fact Sheet

Nutrition Info

Serving Size: 1 Heaping
Teaspoon (5.8 g)
Servings Per Container: 58

Amount Per

Serving % Daily Value
Calories †† 20
Total
Carbohydrate 5 g 2%*
Dietary Fiber 3 g 12%*
Insoluble Fiber 0.45 g †
Soluble Fiber 2 g †
Psyllium Husks (Plantago ovata) 3.4 g (3,400 mg) †
Stevia rebaudiana (Leaf) Extracts 110 mg †

* Percent

Daily Values are based on 2,000 calorie diet.

† Daily Value not established.

Details

Serving Size: 1 Heaping Teaspoon
(5.8 g)

Suggested Use: As a dietary supplement, mix 1 heaping teaspoon into at least 12 oz. of water or juice and consume immediately. Be sure to drink plenty of additional fluids throughout the day. Start with smaller amounts and gradually increase over several weeks.

Free of: sugar, salt, yeast, wheat, gluten, corn, milk, egg or preservatives.
Other Ingredients: Rice Maltodextrin, Natural Orange Flavor, Beta-Carotene, Citric Acid and Beet Powder. Vegetarian Product.

Warnings: Take this product as recommended.
Without drinking enough liquid the product may swell in the throat, causing blockage or choking. Avoid use if swallowing difficulties occur.

Disclaimers: *This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Soluble fiber from foods such as Psyllium Husk, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of NOW® Psyllium Husk Fiber supplies 2 grams of the 7 grams of soluble fiber from psyllium husk necessary per day to have this effect.

††Fiber is not digested, thus has no caloric effect.

This product is sold by weight not volume.

DataSheet:

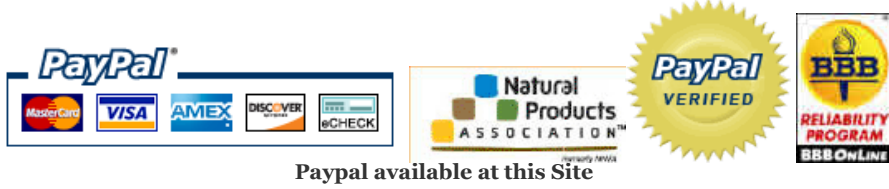
The Psyllium Husk Fiber Sale Price: \$7.19 - Vitamins or Herbs Should be taken as directed on the bottle.

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