

Supplement Facts ^{V4}

Serving Size 3 Capsules
Servings Per Container 30 & 90

3 capsules contain	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
Soluble Fiber	1 g	
Iron	0.38 mg	2%
Potassium	15 mg	<1%
Proprietary Blend	1.95 g	
Psyllium Husk Powder (Organic)		**
Flaxseed Flour (Organic)		**
Rice Bran		**
Apple Pectin		**
Fig		**
Prune		**

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Magnesium Stearate, Ascorbyl Palmitate, and Silicon Dioxide.