

**Stock No. 545**

Manufactured by  
Nature's Sunshine Products Inc.,  
Utah, 84660, USA  
Product of U.S.A.

Supplied by  
NSPUK, Hortonwood 32,  
Telford, TF1 7YL, UK

**RECOMMENDATION**

Take two capsules with one  
glassful (8 oz) of water before  
a meal twice daily, as a herbal  
supplement.

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# PSYLLIUM HULLS

*Plantago ovata*

Food Supplement - capsule weight 565 mg

## 100 CAPSULES

25 day supply

Best before end (shown at right of label)

Store in a cool, dry place out of reach and sight of children.

**Each Four capsules contain:**  
Psyllium hulls ..... 1860 mg

### INGREDIENTS

Psyllium hulls (*Plantago ovata*),  
capsule shell (gelatin, water).

*Food supplements should not be used as a  
substitute for a balanced diet.*

*Do not exceed the stated recommended daily  
dosage.*

*Always consult your Doctor or Pharmacist  
before taking food supplements, when you  
are on prescribed medication.*

*This bottle is sealed for your protection. Do  
not use if inner seal is missing or damaged.*

*May cause allergic reaction in persons  
sensitive to inhaled or ingested psyllium.*

