

Supplement Facts

Serving Size: 4 Capsules

Servings Per Container: 30

	Amount Per Serving	% Daily Value		% Daily Value
Calories	15		Mannitol	*
Calories from Fat	0		Sodium alginate	*
Total Fat	0 g	0% †	Apple Pectin	*
Saturated Fat	0 g	0% †	Peppermint (<i>Mentha piperita</i>) (leaf)	*
Cholesterol	0 mg	0%	Flax Seed (<i>Linum usitatissimum</i>)	*
Sodium	32 mg	1%	Anise (<i>Pimpinella anisum</i>) (seed)	*
Total Carbohydrates	2 g	1% †	Bromelain (from Pineapple)	*
Dietary Fiber	1 g	4% †	Celery (<i>Apium graveolens</i>) (seed)	*
Protein	< 1 g	1% †	Lactobacillus acidophilus (DDS-1)	*
Vitamin C (as calcium ascorbate)	75 mg	83%	Aloe Vera (<i>Aloe barbadensis</i>) (aerial part) (extract)	*
Calcium (as calcium ascorbate)	9 mg	<1%	Prune (<i>Prunus domestica</i>) (fruit)	*
Proprietary Blend	2,800 mg		† Percent Daily Value based on a 2,000 calorie diet	
Psyllium Powder (<i>Plantago ovata</i>) (seed)		*	* Daily Value not established	

Other ingredients: Capsule shell (gelatin and water).

Contains an ultra-trace amount (<0.001 ppm) of milk constituents which are used in the fermentation of probiotic ingredients.

This product is gluten free.

RECOMMENDATION: Four (4) capsules one (1) to three (3) times each day with twelve (12) ounces of water on an empty stomach as a dietary supplement or as otherwise directed by a healthcare professional.

CAUTION: Not recommended for pregnant women. Do not consume this product if you have difficulty swallowing. May cause allergic reaction to those sensitive to inhaled or ingested psyllium. Discontinue use of this product if any chest pain, vomiting or difficulty swallowing or breathing are experienced. If constipation persists for longer than a week, consult your healthcare practitioner immediately.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.

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