

SUGGESTED USE Consume three or more capsules with 8 ounces of water at mealtimes or as recommended by a health care professional. When introducing fiber into your diet, it is often best to begin with a lower dosage, such as just two capsules with each meal gradually increasing to four or more capsules with each meal. For best results, drink plenty of fluids and spread your daily fiber intake with meals or food throughout the day. This product is most effective when used in conjunction with a high potency, comprehensive multi-vitamin-mineral supplement such as one of **ANDREW LESSMAN'S Life Rx™** formulas. **For answers to questions about the use of this product call 800.800.1200.**

NOTICE All fiber products should be taken with a full glass of liquid. Consuming any fiber product without adequate fluid may cause choking. Do not use this or any fiber product if you have difficulty swallowing. If you feel abdominal pain or unexpected gastrointestinal discomfort when using this product, discontinue use and consult a physician. Initially, when using this product, evacuations may not occur until the second day, hence you may experience a temporary feeling of fullness. As with any grain product, inhaled or ingested Psyllium Husk may cause allergic reactions in some individuals. If you are taking prescription medicine by mouth, take this product 2 hours before or 2 hours after the prescribed medicine.

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Purity. Quality. Integrity. Effectiveness.



Andrew Lessman
Founder of PROCAPS LABS



QUESTIONS? RE-ORDERS?
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BULK AND WATER-SOLUBLE FIBER

FIBERMUCIL™

U.S.P. PSYLLIUM
FRIENDLY FLORA LACTOBACILLUS



DIETARY SUPPLEMENT

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500 Easy-to-Swallow Capsules

Andrew Lessman's FIBERMUCIL is all-natural 100% pure encapsulated Psyllium Husk powder from the high-fiber Indian plant *Plantago Ovata*. It contains no additives of any kind and provides an unparalleled natural source of both water-soluble fiber and bulk fiber. It comes in small easy-to-swallow capsules, and there are no colors or flavors, unlike most fiber beverages. Dietary fiber provides a myriad of health benefits and is generally considered the most overlooked component in the American diet. In fact, the unique properties of the soluble fiber in this product can help to maintain and support healthy blood cholesterol levels already in the normal range. It is well established in the scientific literature that daily consumption of healthy soluble fiber, such as that found in **Fibermucil**, is one of the easiest methods of supporting heart health. Plus, the insoluble (bulk) fiber in this natural product helps to "scour" the digestive tract removing undigested food, debris and other by-products. Fiber also speeds gastrointestinal (GI) transit time (the time it takes for food to pass through you) and as a result can help remove digestive by-products sooner and most importantly, naturally helps to support the "regularity" we all seek. Scientific studies consistently demonstrate the long-term health benefits of a high-fiber diet and it is well established that adequate fiber intake is vital for maintaining the optimal functioning of the digestive system. Moreover, when taken with meals, fiber can also provide a natural feeling of fullness to support most weight-loss plans. **Fibermucil** also includes *Lactobacillus sporogenes* to help maintain a balance of beneficial flora in your intestines, which supports nutrient absorption and the overall health of the GI tract. **Andrew Lessman's Fibermucil** provides a convenient and easy-to-swallow source of the vital fiber which is so lacking from our diet, yet so essential for our good health and regularity.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, starch, fat, cholesterol, oil, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, common allergen, color, flavor, sweetener or preservative.

CONTAINS NO ADDITIVES OF ANY KIND

Supplement Facts

Serving Size 3 Capsules Servings Per Container 166

Amount Per Serving **%DV***

Calories 5

Total Carbohydrate 2g **1%**

Dietary Fiber 1.5 g (1,500 mg) 8%

Soluble Fiber 1.5 g (1,500 mg) †

Insoluble Fiber 200 mg †

Sugars 0 g †

Psyllium, powder (husk) 2 g †

Lactobacillus sporogenes 20 Million org. †
standardized to 15 billion organisms per gram

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Gelatin capsule.

NO ADDITIVES.