

INGREDIENTS

Each tablet contains:
Psyllium (Plantago
ovato) husks 750mg,
Dicalcium Phosphate,
Magnesium Stearate,
Silicon Dioxide.

**TAMPER RESISTANT: DO NOT
USE IF SEAL IS BROKEN
STORE IN A COOL DRY PLACE
KEEP OUT OF REACH OF
CHILDREN**

Manufactured to the GMP code of
practice BS: EN 9001:2000 Quality
Assured Certification
Made in the UK.



5 060100 540931

NATURESBOND 

Psyllium Husks

120 CAPSULES
750 mg

FOOD SUPPLEMENT



DIRECTIONS

Take one to four tablets daily,
preferably with meals. Do not
exceed stated dose.

CAUTIONS

Warning: Taking this product without
adequate fluid may cause it to swell and
block your throat or oesophagus and may
cause choking. Do not take this product
if you have difficulty swallowing. If you
experience chest pain, vomiting or
difficulty in swallowing or breathing after
taking this product, seek medical
attention. Caution: Consult with your
doctor before using this product if you
have or have had a bowel obstruction or
diabetes. Caution: If you are under
medical supervision, please consult a
doctor before use. Discontinue use and
consult a doctor if adverse reactions
occur. Not intended for use by persons
under the age of 18.

www.naturesbond.co.uk
0845 838 5964

Healthy Addition to Your Diet