

INGREDIENTS

Psyllium Husk Powder 750mg, Silicon Dioxide, Dicalcium Phosphate, Microcrystalline Cellulose

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 immediate medical attention.

AUTODESPATCH

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60 Tablets

DIRECTIONS

Take one to two tablets two times daily with a minimum of 250ml of water, 30-60 minutes before meals.

Store in a cool dry place. Do not use if the seal is broken. Do not exceed stated dose. Store in a cool dry place. Keep away from children at all times.

Contains Soya and sulphites.

Pregnant and Lactating women should consult a Doctor before use.

Food supplement: This product should not be used as a substitute for a varied diet.

Caution: Consult your Doctor before taking if you have or have had bowel obstruction or diabetes. If under medical supervision please consult a Doctor before use. Discontinue use if adverse reactions occur.

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