Suggested Use
Mix 6 grams with at least 250ml of juice or water once daily. If cleansing or eating a high-protein diet, use 3 times daily. Drink immediately as this product tends to thicken quickly when added to liquid.

Storage: Keep in a cool, dry place. Do not expose to excessive heat or direct sunlight.

Cautions
Using this product without enough liquid may cause choking. Do not use this product if you have difficulty swallowing. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use. Contains oat bran.

Ingredients
Psyllium seed powder, oat bran powder, flax seed powder, fennel seed, rice bran, guar gum powder, yucca root, cellulose, lipase, protease 4.5, protease 3.0, protease 6.0, phytase, peptidase, fennel (Foeniculum vulgare; seed oil), anise (Pimpinella anisum; seed oil), tarragon (Artemisia dracunculus; leaf oil), ginger (Zingiber officinale; root oil), lemongrass (Cymbopogon flexuosus; leaf oil), rosemary (Rosmarinus officinalis; leaf oil), aloe vera (Aloe barbadensis; leaf juice)

Goes well with
• Essentialzyme
• Comfortone

Did You Know?
• Psyllium provides non absorbable fibre which mechanically supports normal bowel elimination.
• Fennel is an important component of “gripe water” which is often used to ease infant digestive distress.
• Ginger is known for its ability to support the gastrointestinal tract and help with nausea.