Product Name: Intestinal Tone, 14 oz. (397 g)

Item No: 111, single canister

Characteristics:

- The highest grade of 100% psyllium fiber.
- A blend of 80% husks and 20% seeds.
- Ground down to a fine powder.

Benefits:

- Excellent bulking agent.
- Promotes bowel regularity.
- Excellent source of soluble and insoluble fiber with 5 grams per serving.

Color: Wheat brown

Flavor/Taste: Flour-like, ground husk taste

Texture: Powder

Recommended Daily Intake: Mix 1 rounded teaspoon in 8-16 ounces of water or your favorite liquid in the morning and evening. Stir briskly and consume immediately.

Servings per container: 66

Storage: Room temperature, sheltered from light and moisture.

Shelf life: When stored as directed and product is kept in its original packaging:

- Unopened – 24 months
- After opening – For the best benefits use within 12 months

Ingredients: Psyllium (husks and seeds)

Note: This food should be eaten with at least a full glass of liquid. Eating this product without enough liquid may cause choking. Do not eat this product if you have difficulty in swallowing.

General: All of Life Force International products are manufactured following cGMPs in compliance with the US Food and Drug Administration's cGMPs Regulations (21 CFR 110).

Keep out of reach of children. Pregnant or lactating women should consult their healthcare professional prior to using any new product. Satisfaction guaranteed.

Supplement Facts	
Serving Size	1 Rounded Tsp. (6 g)
Servings Per Container	66
Amount Per Serving	**% DV**
Total Carbohydrate 5 g	2%*
Dietary Fiber 5 g	25%*
Soluble Fiber 4 g	
Insoluble Fiber 1 g	
Psyllium (husks and seeds) 6 g	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value not established.