

**Recommended Dose:** Take 2 teaspoons 2 times daily or as recommended by your health professional. Mix with 8 oz of water or juice. Follow immediately with another 8 oz of water. **Warning:** If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. **Keep out of the reach of children.** Use only if safety seal is intact. Store in a cool, dry place.

**†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.**



Packaged by weight, not volume. Settling may occur.

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**GENESTRA**  
BRANDS®

# Herbal Bulk

## Dietary Supplement

*Helps promote regular bowel movements†*

**NET WEIGHT 454 g (16.01 oz)**

# Supplement Facts

Serving Size 2 Teaspoons (12 g)  
Servings per Container about 37

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	10 g	4% ^
Dietary Fiber	9 g	32% ^
Total Sugars	1 g	*
Includes 1 g Added Sugar		2% ^
Psyllium ( <i>Plantago ovata</i> ) Hull	3.6 g	*
Oat ( <i>Avena sativa</i> ) Bran	3.0 g	*
Rice ( <i>Oryza sativa</i> ) Bran	2.4 g	*
Apple Pectin (from <i>Malus domestica</i> fruit)	600 mg	*
Guar Gum (from <i>Cyamopsis tetragonoloba</i> seed)	600 mg	*

\* Daily value (DV) not established  
^ Percent daily values (DV) are based on a 2,000 calorie diet

Other ingredients: Fructose, magnesium trisilicate

May contain gluten (oat)