Please read ‘Food Supplement Guidelines’ for details on necessary regulatory requirements for labelling.

For presentation to UK market.

**FRONT LABEL**

Psyllium Plus Dietary Fibre Complex (Or own Product Name - take care not to breach legislation with particular regards to claims)

Food Supplement combining botanicals, plant extracts and powdered seeds.   
**High in Fibre**

SUITABLE FOR VEGETARIANS & VEGANS

100 Capsules

**BACK LABEL**

**Directions:**

Adults, 3 - 6 capsules per day. To be taken with a minimum of 250ml of water and ideally before a main meal (total intake can be split over 2 meals).

Do not exceed maximum recommended intake.

**Product Information:**   
*3 capsules typically provide:*

|  |  |
| --- | --- |
| Psyllium | 1575mg |
| Flaxseed | 240mg |
| Fenugreek | 150mg |
| Apple Pectin | 600mg whole apple pomace equivalent  *from extract 60mg* |
| Fennel | 60mg |
| Rhubarb | 1050mg whole root equivalent  *from extract 36mg* |
| Prune | 150mg whole berry equivalent  *from extract 30mg* |
| Broccoli | 150mg whole sprout equivalent  *from 15mg extract* |
| Carrot | 15mg |
| Fig | 60mg whole fruit equivalent  *from extract 15mg* |

\*NRV = EU Nutrient Reference Value

**Ingredients:**

**Psyllium Husk/Seed Powder (may contain mustard, soya, sesame)**, Capsule Shell: Hydroxy-Propyl-Methylcellulose, Flaxseed Powder, Fenugreek Seed Powder, Apple Pectin Prep (Pectin, Sucrose), Dried Fennel Seed Powder, Rhubarb Root Extract, Prune Berry Extract, Broccoli Sprout Extract, Carrot Root Powder, Fig Fruit Extract, Maltodextrin.

**Allergy Advice**: May contain **mustard, soya, sesame**. Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

**Cautions:**

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. Not recommended for children, pregnant or lactating women.You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle.

**Best Before:**

For best before end and batch number see base.

**Storage:**

Store in a cool, dry place out of reach of children.

Manufactured to the GMP code of practice for:

Name or business name and address of the food business operator.

PLEASE NOTE: If you are selling in/exporting to the EU you will need to include the address details of the Food Business Operator, or Importer, based in the EU. You can have a UK address and an EU address if selling in both territories.

**Please give files following file names:**

Front Label: PL-419$front

Back Label: PL-419$back

**Label Size**

970px x 1655px at 600DPI (that's 84mm x 140mm)

**Note:** Label Artwork

Design must have an additional 2mm bleed on each side for print. File size submitted is therefore

**88mm x 144mm.**

See this page for more details - <https://support.nutribl.com/support/solutions/articles/9000143837-can-we-design-our-own-labels-for-private-label->

Version Control:

|  |  |  |  |
| --- | --- | --- | --- |
| **Version** | **Date** | **Change** | **Author:** |
| V1 | Pre Jan 19 |  | JN |
| V2 | 03.01.19 | Review | KA |
| V3 | 13.04.20 | Allergen Statement | JN |
| V4 | 07.09.23 | Branding & Manufacture Info | AA |
| V5 | 07/10/2024 | Allergen update – Psyllium raw material suppliers now declaring may contain mustard, soya, sesame from farm source. | JN |