

**Suggested Use:**

**ADULTS AND CHILDREN OVER 12:**

1 tablespoon, 1 or 2 times a day with food.

**CHILDREN 6-12:** 1 teaspoon, 1 or 2 times a day with food.

Start by taking 1 serving each day.

Increase to 2 servings per day if needed. Stir product briskly into at least 8 ounces (a full glass) of liquid. Drink immediately. Drinking additional liquid is helpful. If minor gas or bloating occurs, reduce the amount you take until your system adjusts.

Psyllium Husk is the strongest natural dietary fiber for promoting regularity and supporting heart health. Kelp is a sea vegetable rich in a wide variety of minerals and trace minerals. The minerals in kelp are highly bioavailable and promote good health.

**For Regularity:** Res-Q Land 'n' Sea Fiber promotes easy, healthy elimination and sweeps waste out of the colon. To maintain regularity and speed waste removal, take 1 or 2 servings a day, either with meals or between meals. For best results, use daily as long as desired.

**For Heart Health:** Res-Q Land 'n' Sea Fiber helps to support heart health. For this purpose, take 2 servings a day, with meals. For best results, use daily as long as desired.

**CAUTION:** People with thyroid disease should check with a doctor before taking supplements that contain kelp. A very small percentage of individuals, particularly health care providers who have been occupationally exposed to psyllium dust may develop a sensitivity to psyllium. This sensitivity may result in an allergic reaction. If you experience a strong reaction, with difficulty swallowing or breathing after taking this product, seek immediate medical attention. Keep out of the reach of children.

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TAMPER RESISTANT – DO NOT USE IF SAFETY SEAL  
UNDER CAP IS BROKEN OR MISSING.

# Res-Q<sup>®</sup>

Power of the Sea

dietary supplement

# LAND 'n' SEA FIBER

## FIBER SUPPLEMENT

NET WT 12 OZ (340 g)

### Supplement Facts

Serving Size 5 grams (1 tablespoon)

Servings per container: 68

Amount Per Serving	% Daily Value
Calories 15	
Total Carbohydrate 4g	1%*
Dietary Fiber 4g	16%*
Soluble Fiber 3g	†
Insoluble Fiber 1g	†
Iodine 45 mcg	30%
Proprietary Fiber Blend 5,012 mg	†
Psyllium seed husks	
Kelp	

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

**Ingredients:** Psyllium seed husks, kelp

- Store at 15-30°C (59-86°F).
- Protect from heat, light and moisture.
- Do not purchase if seal is broken.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.