

CENTRAL VALLEY COLON & RECTAL SURGICAL ASSOCIATES

Konsyl Instructions

Once daily, mix 1 teaspoon in your shaker cup with water or non-citrus juice. Konsyl is 100% natural psyllium and can be purchased at most stores or online at Konsyl.com

If you take any medications make sure you DO NOT take the fiber at the same time. You can take it either an hour before or an hour after.

While taking fiber it's important to drink 6-8, 8 oz glasses of water daily.