



# INDIAN Organic psyllium seed husk

## Specifications Finely ground organic psyllium seed husk 99% purity 60 mesh

### HIGH QUALITY FIBRE FOR GOOD DIGESTION

Psyllium seed husk, also called psyllium, is known for its beneficial properties as a plant-based source to promote good digestion. In contact with liquid, the fibre swells resulting in a large increase of volume in mucilage and intestinal contents. The result is a gel-like mass that makes the bowel contents softer, which stimulates peristalsis and facilitates defecation. The advantage of psyllium seed husk over other fibre supplements, is its exceptionally high swelling capacity and the content of soluble mucilage.

This contributes to a smoother intestinal passage of the intestinal contents. Ground psyllium husks are suitable as a supplement during pregnancy and nursing period.

Our organic psyllium seed husk powder is quality tested in German laboratories, which are accredited in accordance to the requirements of the European Pharmacopoeia (Ph. Eur.).

Brand	Zeolith-Bentonit-Versand.de
Botanical name	Plantago ovata
Appearance	brownish-white powder
Eco-control center	DE-ÖKO-070
Party no.	5015
Lot no.	ORG/112/2016
Date of manufacture	03/2016
Shelf life	28.02.2018
Origin	India
Swelling volume	124 ml/g
Characteristics	vegan, gluten free, lactose free, without additives, meets the requirements of the European Pharmacopoeia (Ph. Eur.)

### NUTRITION INFORMATION PER 100G

Calorific value	774 kJ/ 193 kcal
Protein	1.0g
Carbohydrates	2.0g
Sugar	< 0.24g
Fat	0.50g
Saturated fat	0.06g
Non-saturated fat	0.21g
Fibre	88.00g
Sodium	0.12g



### INTAKE RECOMMENDATION (POWDER)

Up to 2 times daily, 1 levelled tablespoon\* stirred into 200 ml of fluids, allow to swell or consume with cereal or yoghurt.  
\*maximum daily intake 5g = 2 tablespoons

### INTAKE RECOMMENDATION (CAPSULE)

Depending on your needs up to 2 times daily 3 capsules with min. 200 ml liquid, to be consumed with 1 to 2 glasses of fluids.

### HINT

Do not consume dry! Must be consumed with sufficient amount of fluids (approx. 2 liters) throughout the day. Not recommended for children under 6 years.  
After medication, wait 30 minutes before consumption.

### STORAGE

Store in air-tight container in cool and dry area. Keep out of reach of children.

### MANUFACTURER

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