



Psyllium Seed Husk Powder

Food supplement with dietary fibre
to promote intestinal activity

- High swell volume
- Rich in dietary fibre and mucins
- Natural promotion of intestinal activity

Psyllium seed husks are the non-digestible husks of the *Plantago ovata*, plant native to India, which is known here as psyllium or flea seeds. Psyllium seed husks are a purely natural source of valuable, mucilaginous dietary fibres. Ground to fine powder and mixed with water, psyllium seed husks swell to many times their original volume, and thus increase the intestinal contents. Comparable to a lubricant in the intestines, the stool becomes softer, which facilitates intestinal activity and emptying

Ingredients: 100 % Psyllium Seed Husk Powder

Average nutritional values	per portion (= 5 g powder)	per daily dose (= 15 g powder)	per 100 g powder
Calorific content	38 kJ (10 kcal)	115 kJ (29 kcal)	765 kJ (190 kcal)
Fat	0 g	0 g	0 g
of which saturated fatty acids	0 g	0 g	0 g
Carbohydrate	0.2 g	0.5 g	3.6 g
Of which sugar	0 g	0 g	0 g
dietary fibres	4.1 g	12.3 g	82 g
Protein	0.1 g	0.4 g	2.9 g
Salt	0.01 g	0.03 g	0.2 g

Recommended dose: Dissolve one teaspoon (approx. 5 g) Psyllium Seed Husk Powder in 200 ml water in a shaker 1 - 3 times per day. Make sure the powder is well dissolved. Drink either immediately or after leaving briefly to swell. Then drink at least 200 ml water in order to obtain the required effect. Alternatively, mix the dry product together with muesli.

Leave a time period of least one hour between taking medicines and the psyllium seed husks.

Always drink a lot of liquid after taking dietary fibres, and do not consume dry!

Keep out of direct sunlight. Store dry and not above 25°C.

Food supplements should not be used as a substitute for a varied and balanced diet and do not replace a healthy lifestyle.

Keep out of the reach of young children. The recommended daily dose should not be exceeded.

Contents 400 g (= 80 portions of 5 g)

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