



Psyllium Husk Capsules

Nutritional supplement
Vegan

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. A key characteristic is their high swelling capacity. When they are combined with a liquid, their volume increases many times over. For ease of consumption and to ensure they are tasteless, our psyllium husks are available in handy capsule form.

Ingredients: Psyllium Husk Powder (83 %), Hydroxypropyl Methylcellulose, Anti-Caking Agent (silicon dioxide), Magnesium Stearate.

	per capsule	per daily dose (= 4 capsules)
Psyllium husk powder	500 mg	2000 mg

Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011 not available.

Recommended dose: Take 2 capsules twice a day with plenty of water and wash down with at least 500 ml water.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Content 240 capsules = 143 g

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