



Psyllium whole

The appearance of the small, shiny brown seeds of psyllium plantain, which is particularly common in countries around the Mediterranean, is reminiscent of fleas. As a natural, purely herbal aid, psyllium seeds have long been used to support digestion. The husks consist, among other things, of indigestible mucilage, which can bind large amounts of water to itself and is therefore both a lubricant and a swelling agent. In the intestine, they increase greatly in volume, which causes the intestines to act and ultimately leads to a liberating, relieving bowel movement. Psyllium seeds are so small and smooth that they are easy to take without having to crush them first.

Ingredients: 100 % Psyllium whole.

Recommended use: Allow 2 teaspoons (approx. 6 g) of psyllium seeds to swell in a glass of water, consume and then drink plenty of liquid (at least 250 ml) 1-3 times a day. Leave a time period of least one hour between taking medicines and the psyllium seeds.

Not suitable for children under 6 years of age.

Average nutritional values	Per portion (= 6 g)	Per 100 g Psyllium
Calorific content	66 kJ/16 kcal	1099 kJ/268 kcal
Fat	0.5 g	8 g
of which <i>saturated</i> fatty acids	0.06 g	1 g
Carbohydrate	0.1 g	2 g
of which sugars	0.06 g	1 g
Dietary fibres	3.5 g	59 g
Protein	1 g	17 g
Salt	0 g	0 g

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

Contents 500 g (= 83 portions à 6 g)

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