

Psyllium Hulls

100 capsules, Single herb, Stock No. 545-9

Psyllium is a natural bulk agent, and is considered beneficial for constipation stemming from either an over-relaxed or over-tensed bowel.

Psyllium hulls, also called husks, are the outer coverings of psyllium seeds, containing the majority of the bulking mucilage — complex carbohydrates that expand; becoming gelatinous when soaked in water.

Psyllium hulls are favored over the seed germ for use as a bulk fiber laxative, since the hull swells in water to 8-14 times their dry volume.

Psyllium hulls act like a colon "broom," cleansing the intestines and absorbing toxins adhered to intestinal walls.

Did you know?

Clinical trials conducted in Germany, Scandinavia, and the United States during the late 1980s confirmed those psyllium acts as both an anti-diarrhea and as a laxative, promoting the restoration of healthy bowel functioning.

NSP Advantage

100 capsules. Single herb.

Ingredients: 465 mg of the finest psyllium (*Plantago ovata*) seed hulls. Psyllium is high in fiber (70% soluble fiber).

Recommendation: Take two capsules with a meal twice daily.

Features & Benefits

- Gives bulk to the stools to facilitate elimination.
- Promotes the restoration of healthy bowel functioning.
- Absorbs toxins from the digestive tract which are then eliminated in bowel movements.
- Psyllium fibres bind excess fat in the digestive tract, helping to eliminate it from the body. Clinical studies have shown this action helps to lower cholesterol. This also leads to less excess fat being reabsorbed by the body, which may help to control weight.
- Promotes the growth of friendly bacteria in the colon.