

# Psyllium Seeds

DIN 00643211, Herbal bulking agent, Stock No. 540-4

**P**syllium is a popular natural bulking agent, used in many over-the-counter brands, and is considered beneficial for constipation stemming from either an over-relaxed or over-tensed bowel.

Psyllium seeds contain 10-30 percent mucilage. The seed swells up to 14 times its normal size. This mucilage lubricates and cleanses the areas through which it passes.

## *Did you know?*

Psyllium seeds have been used in Europe for intestinal health since the 16th century, but did not catch on in North America until the early 1900s.

As an all-natural vegetable substance, psyllium's purely mechanical action to promote health and provide pure bulk fibre in the diet is unsurpassed.

Psyllium seeds are derived from the native East Indian plantain.

## *NSP Advantage*

100 capsules. Herbal bulking agent.

*Ingredients:* 600 mg of the finest psyllium (*Plantago ovata*) seed powder.

*Recommendation:* Take 8 to 15 capsules as required for the relief of occasional constipation. To be taken with a full glass of water.

**CAUTION:** Do not take any psyllium if experiencing nausea, vomiting, or other symptoms of appendicitis.

## Features & Benefits

- Bulk fibre helps cleanse the colon.
- Helps fight and prevent constipation by softening the stool.
- Helps relieve diarrhea.
- May improve the symptoms of irritable bowel syndrome.
- May help treat and prevent hemorrhoids and varicose veins.
- Can reduce pain and bleeding from hemorrhoids.
- May help slow the absorption of dietary sugar.
- Traditionally used to treat ulcers, colitis, and constipation.
- 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.