

Psyllium Hulls Combination

375 mg, Bulk herb, Stock No. 1375-6

Thanks to Dr. Denis Burkitt, a dedicated missionary surgeon in Africa, an exposition of awareness of the need for fibre began more than thirty years ago. Dr. Burkitt set about to find why certain diseases were epidemic in the industrialized world, yet were extremely rare in Africa. The answer was fibre, and fibre is found only in plants, the staple of the people living on the African continent.

Did you know?

There are two types of fibre: insoluble and soluble. The insoluble fibre, which does not absorb water, works like a broom in the large intestine to promote regularity. Soluble fibre, which absorbs many times its own weight in water, binds with fat and cholesterol in the intestinal tract. This excess fat is then carried out of the gastrointestinal tract as waste, rather than being re-absorbed.

NSP Advantage

375 mg. Bulk-forming laxative.

Ingredients: psyllium (*Plantago ovata*) seed hulls, hibiscus (*Hibiscus sabdariffa*) flowers, and licorice (*Glycyrrhiza glabra*) root.

The Psyllium Hulls Combination formulation has 70% soluble fiber and 30% insoluble fiber. Also contains a trace amount of naturally-occurring zinc.

Recommendation: For adults - mix one teaspoonful (3g) in a glass (250 mL) of water or juice, 1 to 3 times daily. For children 6 years and over - 1/4 teaspoonful (0.75 g) in 1/2 glass (125 mL) of water or juice at bedtime. Psyllium Hulls and Psyllium Seeds are available in capsulated form.

Features & Benefits

- Absorbs water and toxins.
- Gives bulk to the stools to facilitate elimination.
- Helps treat constipation and diarrhea.
- Binds to fat to eliminate it from the body.