



Name Psyllium Husk

Caps

Code	Size	Duration
C33-100	100 Capsules	Usually lasts 18 days
C33-200	200 Capsules	Usually lasts 33 days

Area concerned

Colon, intestines, detox

Ingredients

Powdered Psyllium Husk (*Plantago ovata*) 400mg minimum per capsule.

Description

A valuable herb preparation, which benefits many people. It consists of a powder of the seed husks of *Plantago ovata*. This provides a soothing bulking agent, which may help to maintain regularity of the bowel, in a gentle way. An important secondary benefit is that natural fibre, such as that in psyllium husks, is considered to assist the body in eliminating toxins from the colon. Most people take it in convenient capsules, though it is also available as **Psyllium Husk Powder**, in a tub of 300g. It is just as beneficial in either form. Whether in capsules or used as powder, the husks should always be taken with plenty of fluid, to help them to move through the intestines.

Standard use

2 capsules 3 times a day with a glass of water. If extra support is desired, take 3 or 4 capsules 3 times a day.

How long to take it for

Try taking daily for 3-4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. Can be used for an extended period if desired.

Cautions

Drink an extra glass or two of water daily when using **Psyllium Husks**, to counteract the water it absorbs, then excretes, from the body.

Companion Products

90-day Colon Programme; Bio Multi-flora Capsules; Detox Capsules, Drops or Tea; Cape Aloe Compound Capsules; Cascara Compound or Drops; Psyllium Husk Powder; Slippery Elm Capsules or Tea.

Caps

Powder

Code	Size	Duration
M08-300	300g powder	Approximately 4 weeks

Area concerned

Colon, intestines. detox

Ingredients

Powdered Psyllium Husk only

Description

Many people find that Psyllium Husks help maintain bowel regularity, and even better if used as part of a programme to cleanse the colon - such as our **90-day Colon Programme**, which includes either **Psyllium Husk Capsules** or **Powder**. We recommend this powdered version because a larger amount can more easily be taken, and it is less costly than the capsules. The husks in water are tasteless, but many people do not like the glutinous sensation - hence the capsules are more popular.

Our popular **90-day Colon Programme** is available with **Psyllium Husk Powder**; ask for the **Colon Programme with Capsules and Psyllium Husk Powder**, or **with Drops and Psyllium Husk Powder**.

Standard use

Stir a rounded teaspoon of Psyllium Husks in a small glass of water or fruit juice 2-3 times a day between meals, and drink immediately (it quickly becomes glutinous if not drunk within a few seconds). Follow with another half a glass of water or juice to make sure husks are washed down and through the system.

How long to take it for

Take for a course of 3-4 months, or as and when desired.

Cautions

Drink an extra glass or two of water daily when using **Psyllium Husks**, to counteract the water it absorbs then excretes from the body.

Companion Products

90-day Colon Programme; Bio Multi-flora Capsules; Detox Capsules, Drops or Tea; Cape Aloe Compound Capsules; Cascara Compound Capsules or Drops; Psyllium Husk Capsules; Slippery Elm Capsules or Tea.

Powder

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