Creative Enzymes®

Psyllium husk

Cat. No. EXTZ-550

Lot. No. (See product label)

Introduction

Description	Psyllium husk is a natural dietary fiber that can absorb water and expand, forming a gel-like substance. This characteristic makes it highly effective in promoting intestinal peristalsis and increasing stool bulk, helping to prevent constipation and regulate intestinal health. Because Psyllium husk can absorb water and expand, increasing the feeling of fullness, it can serve as an aid in weight management by helping to reduce food intake.

Product Information

Form	Particle