

Psyllium Husk Fiber Powder 400 mg

Description

Psyllium Husk Fiber powder 400 mg - Product number B110 - 100 tablets

Psyllium Husk powder consists of the fibers from the seed membranes of the flea seed (*Plantago ovata*).

Ingredients per 2 tablets:

Pure Psyllium fiber powder 800 mg

Fillers: microcrystalline cellulose, vegetable magnesium stearate and stearic acid, rice starch, cottonseed oil. **Anti-caking agent:** silicon dioxide. This product does not contain gluten, soy or milk proteins.

Usage and warnings:

Adults take 1 tablet twice a day, unless otherwise advised by an expert. Take half an hour before meals with plenty of water. Intake of psyllium fibers may decrease the absorption of medicines. Keep at least two hours between taking psyllium seed and the other medication. Do not exceed recommended dose. Keep out of reach of children. Close packaging well after use and store in a dry place.