

A high-fibre product that helps improve and regulate intestinal function, combat constipation and eliminate toxins from the body. All of this without damaging the colon.

Enriched with hibiscus, clove and liquorice, which in addition to their beneficial properties, give PSYLLIUM PLUS a pleasant flavour and make it easy to take.

**Ingredients:** Psyllium husk (*Plantago ovata*), hibiscus flower (*Hibiscus sabdariffa*), licorice root (*Glycyrrhiza glabra*), stevia leaf (*Stevia rebaudiana*), inulin (from chicory root *Cichorium intybus*), clove flower bud (*Syzygium aromaticum*).

#### Nutritional information

#### 2 teaspoons (5 g)

Psyllium (100% husks)	3 890 mg
Hibiscus flower	829 mg
Licorice root	104 mg
Stevia leaf	95 mg
Inulin	71 mg
Clove	11 mg

**Contains no:** Preservatives, flavours or colours, sugar, milk or milk products, starch, wheat, corn, soy, or yeast.

#### Size and format:

200 g

#### Recommended daily dose:

2 teaspoons (5 g) once daily with water or juice (250 ml). Mix well and drink immediately. Drink a second glass of liquid (250 ml).

Do not exceed the stated recommended daily dose.

#### Indications and uses:

PSYLLIUM PLUS can be of great help for:

Regulating intestinal function. In cases of constipation or irritation of the colon, it stimulates the intestinal walls, increasing peristalsis, and softens stool. It cleans the colon, removes toxins from the intestine and lowers cholesterol. It helps in cases of diarrhoea. It suppresses appetite, facilitating weight loss. It does not cause dependence and has no contraindications.

#### Recommendations:

It's very important to take 1-2 capsules of ACIDOPHILLUS ULTRA per day, since upon removing harmful bacteria from the places they inhabit in the body, it's important to replace them with beneficial microorganisms.

If you are taking other medications, take this product 2 hours before or after taking them. Avoid long-term use and consult with a health care professional for extended use beyond 6 weeks.

#### Observations:

Once dissolved in water, this product thickens quickly, and should therefore be taken immediately.

**It is important to drink abundant water, at least 2 litres per day.** Mucilage can cause blockage in the intestinal tract if not taken with abundant liquid.

#### Cautions:

It is recommended to consult a health-care practitioner before use if you are pregnant or breast-feeding, or if you are treated with medication.

**PLANTAGO (PSYLLIUM) HUSK:** The husks of *Plantago* (psyllium) seeds contain at least 30% mucilage, they also contain alkaloids, sterols, several fatty acids, aucubin and tannins. They have emollient, demulcent and laxative properties. The volume of mucilage produced in 24 hours per 1 g of *Plantago* seed husks is around 50 ml<sup>(2)</sup>.

When *Plantago* comes into contact with water, it swells in the intestine, sticks to its walls, stimulates peristalsis and sweeps away any residue stuck to them. It softens stool and aids in complete elimination<sup>(1-6)</sup>.

**HIBISCUS:** This has anti-inflammatory and astringent properties. It is used to resolve minor intestinal problems<sup>(7-9)</sup>.

**CLOVE:** This contains eugenol, tannins and caryophyllene. It has mild laxative properties and is a good carminative<sup>(10,11)</sup>.

**LICORICE:** This has antimicrobial activity against gram-positive and gram-negative bacteria. It's considered an anti-tuberculosis agent<sup>(12,13)</sup>.

**INULIN:** Extracted from the chicory root, it is an excellent prebiotic which helps increase the amount of bifidobacteria in the colon, contributing to good health<sup>(14)</sup>.

## References:

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