

Healed People, Heal People

Natural Herbs | Healed People, Heal People

Psyllium Seed Husk - Capsules 100ct.

\$35.00



PSYLLIUM SEED HUSK CAPSULES - (sill'-ee-yum) is taken with a large glass of water. If preferred, take the Psyllium as a loose powder at the rate of 1 teaspoon stirred into a large glass of water. This is a softener and lubricant. It is essential (for Psyllium to do its job) that a large glass of water to be taken, as it expands greatly after taking, and if there is not enough water then things can get gummed up. Psyllium also performs another valuable service. Because it acts much like a liquid, and liquids are not compressible, each time the intestines normally contract in their function (peristaltic waves initiated by swallowing), the Psyllium pushes back. In essence, Psyllium exercises the intestines internally with each use.

DOSE: Each evening 6 to 8 capsules with 10-12 ounces of water.

[Vendor Information](#)

Customer

Reviews:

Servant

(Monday, 16

May 2011)

Rating:



November

25, 2009

Psyllium

Seed Husk

capsules are

the best fiber product I have ever taken! The capsules are so easy to take.

No choking on that sludge you have to drink with other products from other companies.

The results from taking the Pure Herbs Psyllium Seed Husk capsules are so much better than anything I have ever used in the past.

I highly recommend this product to anyone that needs to take fiber.

â€” B. R.
Michigan