



Directions: 2 heaped teaspoons (approx. 10 grams) daily, mixed into 200ml water and taken with food, or as professionally directed.

This product should not be used as a substitute for a varied diet and healthy lifestyle. Do not exceed the stated recommended daily intake. Do not purchase if the seal is broken. Keep out of reach of children. If you are under medical supervision, please consult a doctor before use. Not suitable for use during planned pregnancy, pregnancy or breastfeeding. This product contains a desiccant (small orange capsule) to absorb moisture, we recommend that you keep this in the jar. Keep refrigerated. Avoid direct sunlight and heat. For best before and batch, see below.

Vegetarian & vegan



BN:
BBE:

UK - BioCare Ltd
1 Medway Road, Breda
B88 9ET, UK
T: +44 (0)1273 633 3727
www.biocare.co.uk
EU - BioCare Ltd
Singel 250, 1016 AB
Amsterdam, NL

BioCare®



Psyllium Intensive

Nutrient complex with psyllium husk, inulin, FOS, live bacteria, prune & pectin

100g powder
Food supplement

Product information per daily intake: 10 grams

Psyllium Husk	3.5g
Fructooligosaccharides (FOS)	2.3g
Inulin	2.3g
Prune Juice Extract 12.5 (equivalent 2.5g Prune Juice)	1g
Pectin	10mg
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	11.3mg*
<i>Bifidobacterium bifidum</i> & <i>Bifidobacterium lactis</i> (CUL-34)	

Providing a total of 2 billion live bacteria, guaranteed until the end of shelflife if stored correctly.

*Typical amounts, may vary.

Ingredients: Psyllium Husk (*Plantago ovata* Husks), Fructooligosaccharides (*Cichorium intybus* Root), Inulin (*Cichorium intybus* Root), Prune Juice Powder Extract (*Prunus domestica* Fruit), Pectin, (*Malus* sp. Fruit), *Lactobacillus acidophilus*, *Bifidobacterium bifidum* & *Bifidobacterium lactis*.