

Psyllium/Sat Isabgol HUSK

(*Plantago ovata*)

ORGANIC
Ayurvedic Herbs

SUPPORTING YOUR AYURVEDIC LIFESTYLE

Dietary Supplement
½ lb • 227g



Psyllium/Sat Isabgol husk

Source of both soluble and insoluble dietary fiber*

Promotes regular elimination*

Helps maintain healthy blood sugar and cholesterol levels already within the normal range*

Psyllium/Sat Isabgol is a natural source of both soluble and insoluble fiber. The soluble fiber in psyllium becomes a mucilaginous substance when mixed with water that cleanses the GI tract of undigested food, fat, sugars, and natural toxins. The insoluble fiber in psyllium works as a bulking agent that helps provide a constant volume of solid material in the intestines irrespective of other aspects of the diet or condition of the gut.*

Suggested Use: 1 to 2 teaspoons with at least 8 oz of water or milk, stir and drink immediately. Or take as directed by your health practitioner. (Please note: Consuming psyllium without enough liquid may cause choking. Do not use if you have difficulty swallowing.)

If you are pregnant, nursing, taking medications, or have a medical condition, please consult with your health care practitioner prior to the use of this product.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Sustainably Sourced



Fairly Traded

Banyan Botanicals was founded in 1996 with the mission to help people achieve and maintain optimal health and well-being. As an Ayurvedic lifestyle company, we specialize in products made from Ayurvedic herbs that are organically grown, sustainably sourced, fairly traded, and made in the USA. Banyan is committed to providing exceptional customer service, inspiring educational content, and the highest quality Ayurvedic herbs that are safe, pure, and effective.



Illuminate
your path to
well-being

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Supplement Facts

Serv Size: 2 tps

Servings: 57

Amount Per Serving

Indian Plantain husk 2 tps**
(Psyllium/Sat Isabgol), *Plantago ovata**

+Certified Organic

**Daily Value Not Established

Lot No. XXXXXX

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Certified Organic by: OAI



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