

> *Psyllium Seed Husk 200 Caps*

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Manufacturer: Pure Herbs, LTD.

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Psyllium (700mg) is a grain grown in India that is utilized for its fiber content. It is a good intestinal cleanser and stool softener and it is one of the most popular fibers used. It thickens very quickly when mixed with liquid, and must be accompanied by water. High intake of soluble fiber is a very effective way of lowering serum cholesterol. Most people, however, find that high amounts of fiber produce gastrointestinal upset, and therefore do not consistently take enough fiber to lower cholesterol levels. CAUTION: Do not take psyllium if you are presently taking the prescription drugs digitalis or nitrofurantoin.

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