



# Psyllium Husk

*Nature's Harmony® Psyllium Husk is an exceptional natural herbal remedy for the gentle relief of occasional constipation. Psyllium husk promotes bowel movements by increasing bulk volume and water content.*

PRODUCT CODE: 400827

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Gentle relief of occasional constipation. Promotes bowel movement by increasing bulk volume and water content.	Capsules	Adults and children (12 years of age and over) take five capsules twice daily. Drink a glass (250 mL) of liquid with each dose. Produces a bowel movement within one to three days.

## DESCRIPTION:

Each capsule of Nature's Harmony® Psyllium Husk contains 500 mg of psyllium (*Plantago ovata Forsk*) husk. This product is free of corn, dairy, egg, gluten, lactose, nuts, shellfish, sodium, soy, starch, sugar, sulphites, yeast, and artificial colours, flavours, and preservatives.

**Recommended Daily Allowance:** N/A

**Food Sources:** N/A

**Causes of Deficiency:** Lack of dietary fibre, insufficient fluids, lack of exercise.

**Symptoms of Deficiency:** Constipation, irregularity, bloating, distention, abdominal pain, sense of incomplete emptying.

**Complementary Nutrients:** Healthful diet and lifestyle.

## HOW IT WORKS:

Psyllium husk is a gentle bulk laxative that works by absorbing water and expanding to provide an increase in bulk and moisture content of stool. This encourages normal peristalsis and bowel motility (movement). The vegetable fibre of psyllium husk is resistant to digestion in the small intestine and is not absorbed. This supplement is indicated for conditions in which easy defecation with soft stools is desirable, for example, with anal fissures or hemorrhoids, after rectal or anal surgery, and during pregnancy.



### DID YOU KNOW...

*The husk, or outer coat, of the psyllium seed is the part of the plant that contains mucilage, which is the component responsible for its ability to absorb water while stimulating normal bowel elimination.*

# Psyllium Husk

## RESEARCH:

The efficacy of psyllium husk is demonstrated by its thousands of years of use worldwide as a safe and effective laxative. Psyllium husk has been studied in many clinical trials and it is now well accepted for use by the food industry as a natural fibre, as well as by the pharmaceutical industry as an ingredient in many laxative products.

## SIDE EFFECTS:

May cause an allergic reaction in individuals who are sensitive to inhaled or ingested psyllium powder. Do not swallow in dry form. Avoid inhalation.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Drink a glass (250 mL) of liquid with each dose. Do not use in the presence of severe abdominal pain, nausea, fever, or vomiting. Do not use for longer than 1 week unless advised by your health care practitioner; this supplement is designed for occasional use. Do not use within 2 hours of taking another medicine.

## OTHER CONSIDERATIONS:

Administration to the elderly should be supervised. Keep out of reach of children.

## LABEL:

**Nature's Harmony®**

**Cosses de psyllium**  
500 mg

**Favorise la régularité**

**60 capsules**

**Usage recommandé :** Soulagement en douceur de la constipation occasionnelle. Stimule le mouvement intestinal par son action de gonflement et augmente l'apport en eau.

**Dose recommandée :** Pour adultes et enfants (âgés de 12 ans et plus), prendre 5 capsules, deux fois par jour. Boire un verre de liquide (250 ml) avec chaque dose. Provoque un mouvement intestinal dans les 24 à 72 heures qui suivent.

**Ingédients médicinaux**  
Chaque capsule contient :

Cosses de psyllium (Plantago ovata Forsk.).....500 mg

Ingédients non médicinaux : Cellulose microcristalline, stéarate de magnésium, oxyde de silicium, gélatine.

**Information sur les risques :** Pourrait causer une réaction allergique chez les personnes sensibles à l'inhalation ou à l'ingestion de poudre de psyllium. Ne pas avaler sous forme sèche. Éviter d'inhaler. Ne pas utiliser en présence de douleurs abdominales, de nausée, de fièvre ou de vomissement. Ne pas utiliser dans les deux heures précédant ou suivant la prise d'autres médicaments ou pendant plus d'une semaine, à moins d'avis contraire d'un praticien de soins de la santé.

Ce produit ne contient ni maïs, ingrédients laitiers, œuf, gluten, lactose, noix, crustacés, soya, amidon, sucre, sulfites, levure, ni colorants, arômes ou agents de conservation artificiels.

**RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE LA PORTÉE DES ENFANTS.**

**Recommended Use:** Gentle relief of occasional constipation. Promotes bowel movement by increasing bulk volume and water content.

**Recommended Dose:** Adults and children (12 years of age and over) take 5 capsules twice daily. Drink a glass of liquid (250 mL) with each dose. Produces a bowel movement within one to three days.

**Medicinal Ingredients**  
Each capsule contains:

Psyllium (*Plantago ovata* Forsk).....500 mg

Non-medicinal Ingredients: Microcrystalline cellulose, magnesium stearate, silicon dioxide, gelatin.

**Risk Information:** May cause an allergic reaction in people sensitive to inhaled or ingested psyllium powder. Do not swallow in dry form. Avoid inhalation. Do not use in the presence of abdominal pain, nausea, fever or vomiting. Do not use within two hours of another medication or for more than a week, unless on the advice of a health care practitioner.

This product does not contain corn, dairy, egg, gluten, lactose, nuts, shellfish, soy, starch, sugar, sulfites, yeast, or artificial colours, flavours or preservatives.

**STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**

**Nature's Harmony®**

**Psyllium Husk**  
500 mg

**Promotes Regularity**

**60 Capsules**

Actual Size Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.

Manufactured for / Fabriqué pour : Purity Life Health Products A division of/Une division de SunOpta Inc. 6 Commerce Crescent, Acton ON L7J 2J2 For more information visit [www.naturesharmony.com](http://www.naturesharmony.com) or call 1-877-929-2548. Pour plus de précisions, visitez le site [www.naturesharmony.com](http://www.naturesharmony.com) ou composez le 1 877 929-2548.

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