



## Digestive Tract Health

# PSYLLIUM HUSK

### Supplement Facts:

- Psyllium Husks (Plantago asiatica) (seed)

### Background:

Due to contemporary eating habits and in most cases unhealthy lifestyles a lot of individuals these days suffer from lack of a healthy gastrointestinal function. The best way to improve gastrointestinal health and restore regularity is to eat enough dietary fiber. Psyllium Husk is a compound which is classified by some as a laxative or mucilaginous fiber but at the same is a convenient way to increase intake of dietary fiber because of its high mucilage content and bulking properties. **Psyllium Husk** by **Forze Della Natura™** is an all-natural source of dietary fiber that promotes a healthy gastrointestinal function and improves regularity.

### Key Features:

- Promotes intestinal health;
- Excellent source of soluble fiber;
- Restores regularity;
- Suppresses appetite and facilitates healthy eating habits.