



Psyllium Bio 200 g Keto Drasanvi

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Description

Psyllium, a plant originally coming from India, is a soluble fibre derived from the seeds of *Plantago ovata*. Psyllium is high in fibre (soluble). Due to its excellent water solubility, psyllium can absorb liquid and become a thick, viscous compound that resists digestion in the small intestine.

Ingredients

100 % Psyllium* powder (Psyllium Husk) *From organic farming *Plantago ovata*

Directions

Dissolve 1 to 2 teaspoon (5/10 g) once a day, in a glass of water or juice. Consume immediately to prevent the mixture from gelatinizing.

After taking it, the intake of another glass of water or juice is recommended. It can also be used to enrich various bakery and pastry recipes.

Presentation

Contains 200 g

Warnings

Store in a cool, dry place.

May contain traces of soya, sesame and mustard

Additional Information

High amount of fibre

It has 88% fibre

Nutrition Facts

Per 100 g

Energetic Value	782 kJ / 194 kcal
Fat	0,6 g
of which saturated	0,1 g
Carbohydrates	1 g
of which sugars	0,09 g
Fibre	86 g
Proteins	1,5 g
Salt	0,1 g

Allergen Information

Mustard, Sesame, Soya,

Certifications

