

## Organic Psyllium Powder /275g/400ml / label size 82x230mm

Psyllium husks are a highly soluble and convenient source of dietary fibre and are also rich in micronutrients. KIKI's Organic Psyllium Husks are derived 100% from seed husks of the Plantago Ovata plant. They have not been genetically engineered, modified or chemically treated. The husks are ground into a fine powder which mixes easily with liquids and is easily digestible. Organic Psyllium Husks Powder is a pleasant and easy way to add valuable bulk to your diet, which is essential for healthy digestion.

**Best before end:** See base. **Storage:** Store in a cool, dry place away from direct sunlight. Refrigeration is not required.

Food supplements should not be used as a substitute for a varied diet. Keep out of reach of children. Do not exceed the recommended daily dose.

Suitable for vegetarians and vegans. Naturally free from gluten and wheat. NO ARTIFICIAL COLOURS, PRESERVATIVES, SWEETENERS OR FILLERS



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GB-ORG-05  
Non-EU Agriculture



# ORGANIC PSYLLIUM HUSKS

## POWDER

## 100% RAW INGREDIENTS

Rich in fibre, thiamin &  
niacin. Source of  
riboflavin & vitamin B6

food supplement

## 275g e

# KIKI HEALTH

**Ingredients:** 100% Organic Psyllium Husks

**Directions of use:** Adult intake: Add one (1) heaped teaspoon to any drink or smoothie. It is vital that you drink plenty of water when consuming Psyllium Husks and throughout the day afterwards.

Contains a mix of micronutrients which contribute to:

- normal cognitive function
- nervous system support
- normal psychological function
- cardiovascular health
- healthy vision
- hormonal activity
- formation of red blood cells
- normal skin health
- protection of cells from oxidative stress
- immune system support
- reduces tiredness & fatigue

**Nutrition** Serving Size: 1 tsp (5g) Servings Per Bottle: 55

Typical values	per 100g	per serving	%RI*
Energy	1245kj / 301kcal	62kj / 15kcal	
Fat	6g	0.3g	
of which saturates	0g	0g	
Carbohydrate	34.8g	1.7g	
of which sugars	0g	0g	
Fibre	53.5g	2.7g	
Protein	0.2g	0.01g	
Salt	0g	0g	
Thiamin	10mg	0.5mg	45%
Riboflavin	5mg	0.25mg	18%
Niacin	90mg	4.5mg	28%
Vitamin B6	4mg	0.2mg	15%

\*Reference intake of an average adult (8 400 kJ/2 000 kcal)