

Product

Name	Organic Psyllium Husk Powder
Description	Just Natural Organic Psyllium Husk Powder is a fine powder milled from Psyllium husks and used as a highly effective soluble dietary fibre. Psyllium husk is thought to provide benefits such as controlling blood sugar levels, promoting weight loss, and supporting natural bowel movements. And it's packed in our 100% plastic free home compostable pouches.
Code	JN309
Barcode	5056078808562
Country of Origin*	India
*Country of origin may vary from time to time and the origin stated in this document is not guaranteed.	

Packaging

Net Content	200g
Packaging Type*	Home Compostable Packaging (Certified)
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Shelf Life

Maximum Shelf Life	18 Months
Storage Conditions	Ambient (15°C - 20°C)

Ingredients	Organic Psyllium Husk Powder
Allergens	n/a

Nutritional Values per 100g

Energy	758KJ (189 kcal)
Fat	0.6g
Of Which Saturates	0.1g
Carbohydrates	0.1g
Of Which Sugars	0.0g
Fibre	89.0g
Protein	1.5g
Salt	0.0g

Certifications	Organic (Soil Association), Vegan Society
Serving Requirements	We recommend taking 5g per day with 500ml water before a meal, or try adding to smoothies and bakes.