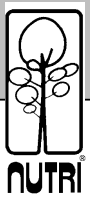


# Product Information Sheet



Gastrointestinal Support

## Psyllium & Apple Pectin

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### With Probiotics & Goldenseal

Psyllium husk fibre and apple pectin have long been utilised for their bulking and cleansing properties, supporting a healthy gastrointestinal tract and normal bowel function.

#### Ingredients:

##### Each capsule typically contains:

Vitamin C (ascorbic acid)	31.9 mg
Magnesium (citrate)	15.95 mg
Psyllium Husks	361.25 mg
Activated Charcoal	123.25 mg
Lactobacillus acidophilus	21.25 mg
Goldenseal	21.25 mg
Chlorophyll	10.6 mg
Apple Pectin	10.6 mg

##### Encapsulated with:

Gelatin  
Water

#### Features:

Psyllium is a bulking agent and is high in both fibre and mucilage, which makes psyllium ideally suited for intestinal health. Psyllium seeds contain 10-30% mucilage.

Apple pectin supplies water-soluble fibre, an excellent food source for healthy bacteria.

Pectin has the ability to form a gel, which can bind toxins and assist their excretion.

Activated charcoal acts like a sponge, helping to support toxin removal from the large intestine.

Goldenseal acts as a tonic to the mucous membranes in the digestive tract.

Contains <<ITon>>Lactobacillus<<IToff>> to help maintain the normal balance of gut flora.

**Recommendation:** 6 capsules twice daily with at least 12 oz of water, or 4 capsules three times daily with at least 8 oz of water, or as directed.

**Caution:** Not recommended during pregnancy or whilst breastfeeding.

**Product Code:** 6966

**Package Size:** 100