

# Psyllium husk

*Natural Fiber*

*Differentiating Quality*



Psyllium husk, also known as Ispaghula and Isabgol, is the husk of the seeds of the plant *Plantago ovata*, (genus *Plantago*), native to India and its neighboring countries.

## **IDEAL SOLUBLE FIBER**

Psyllium husk easily absorbs water and expands, as much as 40 times its weight. It is also indigestible.

Consumed, it is an ideal fiber to “scrub” the body’s intestinal tracks and help maintain healthy colon and body.

## **NATURAL BULK LAXATIVE**

Since ancient times, psyllium husk has been used as a bulk laxative to relieve constipation and maintain regular bowel movement.

There are numerous studies supporting Psyllium as a natural bulk laxative; it is gentler than the various chemical agents used for the same purpose.

## **CHOLESTEROL LOWERING AND OTHER HEART BENEFITS**

Some recent research has shown Psyllium husk may be effective in lowering cholesterol and controlling certain types of diabetes. <sup>[1]</sup><sup>[2]</sup>

The US Food and Drug Administration (FDA) on February 18, 1998, in Federal Register 63 FR1803, ruled that soluble fiber from psyllium seed husk “when included as part of a diet low in saturated fat and cholesterol, may reduce the risk of coronary heart diseases (CHD) by lowering blood cholesterol levels.” <sup>[3]</sup>



## RATING QUALITY

*PSYLLIUM HUSKS ARE GRADED ACCORDING TO PURITY AND PARTICLE SIZE*

### CROP QUALITY

Quality of Psyllium husk depends on the crop: a healthy crop produces seeds that are robust in size (2.1 to 2.8 mm thick) and bright rose white in color; a poor crop yields brownish seeds (1.5 mm thick), which contain high percentage of impurities.

High quality Psyllium husk has greater swelling properties and in liquid forms a smooth, jello-like bulk; the poor quality is coarse and brown in color and forms a clumpy mass with impurities.

There are nearly 40 species of Psyllium, but the husk from *Plantago ovate*, also known as “blonde Psyllium”, is the best and has the highest fiber content.

### US FDA STANDARDS

Psyllium has become a synonymous term to describe all Psyllium products. Some contain both the husk and the seed. The seed mainly contains proteins and other nutrients.

**The US FDA has ruled that the source of soluble fiber is the husk alone—not the seed—and has established a minimum purity specification of no less than 95% husk as a qualifying criterion for eligible source of soluble fiber from Psyllium.**

*Psyllium husks with 95% purity are superior in bulk formation (swell volume) and quality (less impurities) than the cheaper, lower grades.*

# MUCILIN



**DIRECTION:** It must be mixed with at least 8 ounces of water (full glass) or other fluid. Taking Psyllium husk without enough liquid may cause choking.

Psyllium products are now well accepted all over the world as a safe source of natural fiber. The very properties of psyllium seed husk which make it a good natural fiber can also create difficulty in swallowing it if not taken properly with water or other fluid. It should never be taken before bedtime, or lying down.

#### WARNING: Choking

Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

-  MUCILIN is 95% pure Psyllium husk;
-  MUCILIN meets the British Pharmacopeia specifications for quality;
-  MUCILIN is a fine powder which easily mixes with fluid into a smooth drink, not clumpy or cloudy in appearance;
-  MUCILIN is non-GMO natural fiber;
-  MUCILIN is manufactured in GMP-certified facility;
-  Each batch is tested and certified to ensure it is free of microbial and other contaminants;
-  MUCILIN is approved by Regulatory Authorities in several countries in Asia for sale as medicine to relieve constipation and maintain regularity of healthy bowel movement;

#### ABOUT PARADIGM PHARMA

Paradigm Pharmaceuticals Inc., a New York, U.S., company offers dietary supplements along with pharmaceuticals. It markets supplements whose benefits are sufficiently supported by scientific and clinical evidence to offer as natural and complementary medicines.

It manufactures at GMP-certified plants, with each production batch tested and certified for the claimed composition and safety.

#### Reference:

1. Anderson, J. W.; Zettwoch, N; Feldman, T; Tietyen-Clark, J; Oeltgen, P; Bishop, C. W. (1988). "Cholesterol-lowering effects of psyllium hydrophilic mucilloid for hypercholesterolemic men". *Archives of Internal Medicine* **148** (2): 292–6. doi:10.1001/archinte.1988.00380020036007.
2. Anderson, J. W.; Allgood, L. D.; Turner, J; Oeltgen, P. R.; Daggy, B. P. (1999). "Effects of psyllium on glucose and serum lipid responses in men with type 2 diabetes and hypercholesterolemia". *The American Journal of Clinical Nutrition* **70** (4): 466–73. PMID 10500014.
3. Schultz, William B (1998-02-18). "Federal Register 63 FR 8103, February 18, 1998 – Food Labeling: Health Claims: Soluble Fiber From Certain Foods and Coronary Heart Disease. Final Rule". *Federal Register*. U.S. Food and Drug Administration.