



NATURE'S SUNSHINE

Psyllium Hulls

Non-GMO

GOOD FOR

Digestive System

Colon (Large Intestine)

Cardiovascular system

SIZE **100 Capsules**

ITEM # **545**

SERVING **2**

SUPPLY **25 days**

DIRECTIONS FOR USE Take 2 capsules with a meal twice daily.

— How the Key Ingredients Work

Psyllium Hulls are made from the outer husk of Plantago ovata seeds — a naturally rich source of soluble fiber that forms a soft, soothing gel in your digestive tract. That simple action ripples through your whole body, supporting comfortable digestion, healthy appetite, and more.

Psyllium Hulls — Digestive Comfort — Psyllium's soluble fiber has strong research backing for easing the everyday abdominal discomfort that comes with an unhappy gut. A major review of clinical studies found that soluble fiber from psyllium meaningfully improved overall digestive symptoms, while insoluble fiber showed no such benefit — making psyllium a standout choice.

Psyllium Hulls — Stool Softening & Regularity — One of psyllium's most celebrated roles is keeping things moving comfortably. The husk absorbs water and swells into a gentle gel that softens stools and makes them easier to pass without straining. This simple mechanical action supports everyday regularity and helps your body maintain a healthy, comfortable rhythm.

Psyllium Hulls — IBS Symptom Support — People dealing with the ups and downs of irritable bowel often find psyllium especially helpful. Research — including a well-regarded meta-analysis — confirms that psyllium's soluble, viscous fiber significantly improves global IBS symptoms. It works gently and consistently, making it a widely recommended first-line fiber choice for sensitive digestive systems.

Psyllium Hulls — Anal Fissure & Tissue Recovery — Straining during bowel movements can be hard on delicate tissue. Because psyllium softens stools and reduces the effort needed to pass them, it is recognized as a first-line conservative support for people recovering from anal fissures. Less straining means less irritation, giving the body a better chance to heal comfortably on its own.

Psyllium Hulls — Appetite & Satiety — Psyllium forms a large, filling gel in the stomach and small intestine that slows the pace at which food leaves your stomach. This helps you feel fuller for longer after meals. Clinical reviews of viscous soluble fibers confirm that psyllium significantly increases perceived fullness — a natural, food-based way to support mindful eating habits.

Psyllium Hulls — Healthy Weight Management — Because psyllium promotes a lasting sense of fullness and helps slow digestion, it can be a practical everyday ally for people working toward healthy weight goals. By helping curb the urge to snack between meals, it supports a more balanced approach to eating — without stimulants or harsh ingredients, just gentle fiber doing its job.

Psyllium Hulls — Blood Pressure Support — A 2024 review and analysis of clinical trials found that psyllium consumption was linked to meaningful reductions in systolic blood pressure. A six-month randomized trial in people with hypertension added further real-world support to these findings. Psyllium offers a gentle, natural way to complement a heart-healthy lifestyle and support healthy blood pressure levels.

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