



Husk®fibre is a dietary supplement consisting of pulverized Psyllium husks with a fresh flavour of blackcurrant or lemon. Psyllium husks contain 85% dietary fibres.

Husk®fibre is easy and quick to take
- just stir the powder into a glass of water and drink immediately.

Husk®fibre is available at the pharmacy, in Matas, health shops and convenience stores.

See more at www.huskfibre.dk



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Husk®fibre is a product from W. Ratje Froeskaller ApS, HUSK PRODUCTS, a family owned company, who has supplied the Danish market with Psyllium products for 30 years.

husk

Husk®fibre
furtheres digestion

An aid to effortless
bowel movements





A FIBRE PRODUCT FROM HUSK PRODUCTS

Husk®fibre is a dietary supplement consisting of pulverized Psyllium husks with an added fresh flavour of blackcurrant or lemon. Husk®fibre is easy and quick to take - stir the powder into a glass of water and drink immediately after.

The Danish Veterinary and Food Administration recommend that you eat 25-35 gram dietary fibres every day. Dietary studies show that adults in Denmark have an average intake of 20 gram dietary fibres per day.

Husk®fibre can be used as a fibre supplement on days, when it is difficult to achieve the desired fibre intake through diet.

Husk®fibre is sold in 250 gram containers and is available at the pharmacy, in Matas, health shops and large convenience stores.

PRODUCT INFORMATION

Recommended daily dosage:

Adults and children over 12 years of age:

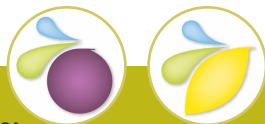
2 teaspoons (6 gram) once or twice a day

Children age 6-12 years:

1 teaspoon (3 gram) once or twice a day

Daily dosage should not be exceeded.

The effect of Husk®fibre is noticeable after a few days use and is non-addictive. Husk®fibre should not replace a varied diet.



How to take Husk®fibre

Stir in the powder into a glass of water (150 ml) and drink immediately after. Then drink an additional glass of water.

Important

It is important that the powder is ingested with the stated amount of fluid. Husk®fibre absorbs fluid and forms a gelatinous mass that gives the intestines something to work with and increases the intestinal movements (peristalsis). Too little fluid can cause constipation.

Husk®fibre reduces the transit time in the intestines and may affect the absorption of other medication. Husk®fibre should therefore be taken 1 hour before or 1 hour after you take other medication.

Husk®fibre only be used during pregnancy or for children under 6 years of age after instruction from your general practitioner or the health visitor. Husk®fibre can cause discomfort in form of increased flatulence. The discomfort will typically pass after a few days.

Ingredients

Lemon: Ispaghula husk/Psyllium husk, sugar, citric acid, lemon flavour, saccharin

Blackcurrant: Ispaghula husk/Psyllium husk, sugar, citric acid, blackcurrant flavour, saccharin, beetroot colour

One adult dosage contains 1.22 gram sugar.

Active ingredient

Psyllium husk (Ispaghula husk)

Content of active ingredient per dosage

Adults: 1 dosage contains 3.62 gram dietary fibre

Children: 1 dosage contains 1.81 gram dietary fibre

Storage

Husk®fibre should be stored dry and out of reach of children.