

# Psyllium Complex



**Psyllium Complex with Bentonite Clay** features a synergistic blend of psyllium husk (from *Plantago ovata* seeds), clove flower bud, licorice root, hibiscus flower, and bentonite clay.<sup>[1]</sup> This thoughtfully formulated combination supports relief from constipation and irregularity,<sup>[2]</sup> aids in gut healing,<sup>[3]</sup> and enhances natural detoxification processes.<sup>[4]</sup>

## Psyllium Husk

**Digestive Health:** Psyllium is commonly used as a bulk-forming laxative to alleviate constipation by absorbing water in the intestines, promoting bowel regularity.<sup>[5][6]</sup>

**Cholesterol Reduction:** Studies have demonstrated that psyllium can lower total and LDL (“bad”) cholesterol levels, contributing to improved heart health.<sup>[7]</sup>

**Blood-Sugar Management:** Psyllium may aid in controlling blood-sugar levels by slowing carbohydrate digestion and absorption, which helps prevent blood sugar spikes.<sup>[8]</sup>

**Weight Management:** By promoting a feeling of fullness, psyllium can assist in appetite control, potentially supporting weight loss efforts.<sup>[9]</sup>

**Potential Risks:** While generally safe for most individuals, psyllium can cause side effects such as abdominal cramping, gas, or, in rare cases, allergic reactions.<sup>[10]</sup> Adequate water intake is essential to prevent intestinal blockage.<sup>[11]</sup>

## Clove

**Antimicrobial:** Helps to maintain a healthy balance of gut microbiota.<sup>[12]</sup>

**Supports Gut Lining:** Eugenol can protect gut lining from oxidative damage and reduces inflammation.<sup>[13]</sup>

## Hibiscus

**Helps Regulate Bowel Movements:** It is a mild diuretic<sup>[14]</sup> and laxative,<sup>[15]</sup> and it promotes hydration.<sup>[16]</sup>

**Supports Gut Lining:** Polyphenol and anthocyanins in hibiscus may strengthen gut lining<sup>[17]</sup> and reduce inflammation.<sup>[18]</sup>

## Bentonite Clay

**Detoxification and Heavy Metal Removal:** Research indicates that bentonite clay can adsorb heavy metals such as lead and cadmium, potentially reducing their bioavailability<sup>[19]</sup> and aiding in detoxification processes.<sup>[20]</sup>

**Gastrointestinal Health:** Studies suggest that bentonite clay may alleviate digestive issues, including diarrhea<sup>[21]</sup> and irritable bowel syndrome (IBS),<sup>[22]</sup> by adsorbing toxins and pathogens in the gut.<sup>[23]</sup>

The first company in the industry to have invested in an ISO 17025-accredited laboratory to test for identity, potency, oxidation, disintegration, purity, and more.



## References

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### Each teaspoon contains:

Psyllium ( <i>Plantago ovata</i> ) husks	1933 mg
Roselle ( <i>Hibiscus sabdariffa</i> )	193 mg
Licorice ( <i>Glycyrrhiza glabra</i> ) root	52 mg
Clove ( <i>Syzygium aromaticum</i> ) flower bud	12 mg
Bentonite	11 mg

**Directions of use:** Adults: Take 1 teaspoon twice daily or as directed by your health-care practitioner. Stir or shake 1 teaspoon in a glass (250 ml) of water or juice. Drink immediately and follow with another glass of water or juice. Effects observed 12–24 hours after the first dose; results may take 2–3 days. Take 2 hours before or after taking other medications.

**Duration of use:** Avoid long-term use and consult a health-care practitioner for use beyond 6 weeks.

**Cautions and warnings:** Consult a health-care practitioner if symptoms worsen or if laxative effect does not occur within 7 days; if you experience chest pain, vomiting, or difficulty swallowing or breathing after taking this product; if you are taking medications which inhibit peristaltic movement (e.g. opioids, loperamide); or if you have symptoms such as abdominal pain, nausea, vomiting, or fever (as these could be signs of abnormal constrictions of the gastrointestinal tract, diseases of the esophagus and/or the superior opening of the stomach [cardia], potential or existing intestinal blockage, paralysis of the intestine, megacolon, fecal impaction, inflamed bowel, or appendicitis). Do not exceed the recommended dosage. Consult a health-care practitioner if sore throat or cough persists for more than 3 days. Consult a health-care practitioner prior to use if liver function is impaired, if you are taking acetaminophen, anticoagulants, or any prescription medication. Not for prolonged use in high doses except under supervision of a qualified health-care practitioner. Contraindicated for diabetes, hypertension, liver disorders, severe kidney insufficiency, and hypokalemia. May potentiate potassium depletion of thiazide diuretics and stimulant laxatives as well as the action of cardiac glycosides and cortisol.

**Contraindications:** Do not use if you are experiencing a sudden change in bowel habits that has persisted for more than 2 weeks, undiagnosed rectal bleeding, or failure to defecate following the use of another laxative product; if you have diabetes mellitus in which blood sugars are difficult to regulate; if you have difficulty swallowing; if you are experiencing distention and fullness of the chest and abdomen; if you are vomiting from overabundant dampness; if you have edema, hypertension, hypokalemia, cholestatic disorders, cirrhosis of the liver, chronic renal insufficiency, or congestive heart failure; if you are pregnant or breast-feeding or undergoing corticosteroid treatment; or if you suffer from febrile disorder.

**Known adverse reactions:** Hypersensitivity, such as allergy, has been known to occur following inhaled and/or ingested psyllium; in which case, discontinue use. May cause temporary gas and/or bloating. Consult a health-care practitioner in the event of an allergic reaction, nausea, vomiting, or diarrhea.

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