

## Psyllium Whole Husk/Powder

▶ Per 100 g

Nutritional Information

	85%	95%
Calories	77 Kcal	35 Kcal
Total Fat	1.8 g	1.05 g
Saturated Fat	NIL	NIL
Polyunsaturated Salt	NIL	NIL
Monounsaturated Fat	NIL	NIL
Trans-Fatty Acids	NIL	NIL
Cholesterol	NIL	NIL
Proteins (Nx6.25)	6.55 g	2.86 g
Carbohydrates	8.53 g	3.56 g
Sugars	NIL	NIL
Crude fiber	3.1 g	1.5 g
Dietary Fiber	70.5 g	82 g
Soluble Dietary fiber	42.1 g	49.5 g
Insoluble Dietary fiber	28.4 g	32.5 g
Moisture	6.1 g	5.89 g
Total Ash	3.42 g	3.14 g
<b>Vitamins</b>		
Vitamin A	25 IU	50 IU
Vitamin C	NIL	NIL
Vitamin D	NIL	NIL
Vitamin E	NIL	NIL
Vitamin K	NIL	NIL
Thiamin	6 mg	9 mg
Riboflavin	2 mg	3 mg
Vitamin B6	1 mg	3 mg
Folic Acid	NIL	NIL
Vitamin B12	NIL	NIL
Pantothenic Acid	NIL	NIL
<b>Minerals</b>		
Calcium	205 mg	180 mg
Chloride	10 mg	7 mg
Chromium	NIL	NIL
Copper	0.5 mg	0.3 mg
Iodine	NIL	NIL
Iron	21 mg	15.5 mg
Magnesium	60 mg	77 mg
Manganese	NIL	NIL
Molybdenum	NIL	NIL
Phosphorous	14 mg	10 mg
Potassium	1.65 g	1.43 g
Selenium	NIL	Nil
Sodium	90 mg	110 mg
Zinc	0.3 mg	0.2 mg