

Organic Psyllium Husk 6x400g

Discover our high-fibre, finely ground organic flea seed husks. With an impressive 85 g of fibre per 100 g and a particularly high swelling capacity, they are the perfect addition to your dietary routine. They are virtually flavourless and versatile. Whether in muesli, as a topping, in smoothies or when baking - psyllium husks are the perfect addition to your daily diet. Important: Always enjoy them with enough liquid!

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	802 kj
Calorific value kcal	192 kcal
Fat	0.55 g
Of which saturated fatty acids	0.07 g
Carbohydrates	1.7 g
Of which sugar	0.2 g
Fibers	85.2 g
Protein	2.38 g
Salt	0.02 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein

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Fish	Nein
Soy	Nein
Nuts	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein