

Nutritional Information

Ingredient	Per 100 g	Per 3.16 g serving 1 teaspoon	Per 6.32 g serving 2 teaspoons
Psyllium Husk	95 g	3 g	6g
of which Fibre	82 g	2.46 g	4.92 g
% Reference Intake (RI)	-	8.2%	16.4%