



Health benefits It may lower cholesterol levels. "Psyllium is like a tiny broom in your digestive system, sweeping up dietary cholesterol and carrying it out of the body. This forces your body to.

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Fiber supplements: Safe to take every day? - Mayo Clinic

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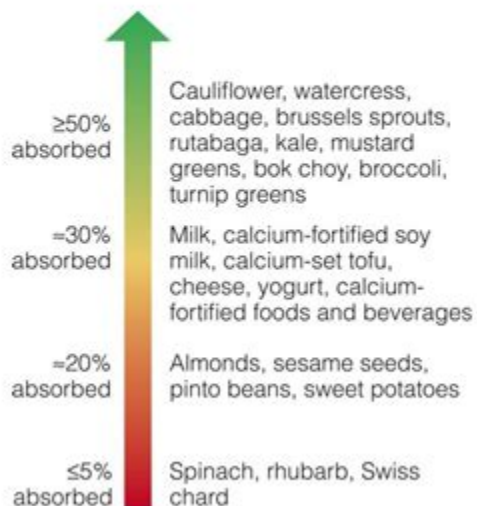
90 gummies | fiber supplement



Adverse effects Psyllium is safe to use as a functional ingredient in food systems. 11 A clinical trial 64 involving 93 healthy subjects showed that psyllium husk (10.5 g, 52 weeks) was well tolerated and the majority of adverse events recorded were minor, of short duration, and either unrelated or only possibly related to the study treatment. Similarly, a clinical trial involving 12 type 2 .

Psyllium reduces relative calcium bioavailability and . - ScienceDirect

Bioavailability of Calcium from Selected Foods



Yes, says Zumpano. "It can be added to drinks or foods to help increase fiber intake," she adds. "It can be used as a gum in gluten-free baked goods." And psyllium husk can be gentler on your digestive system than stimulant or osmotic laxatives. It doesn't cause your intestines to contract or use water to soften your stool.

Franziska Spritzler, RD: Psyllium husk guide - Diet Doctor



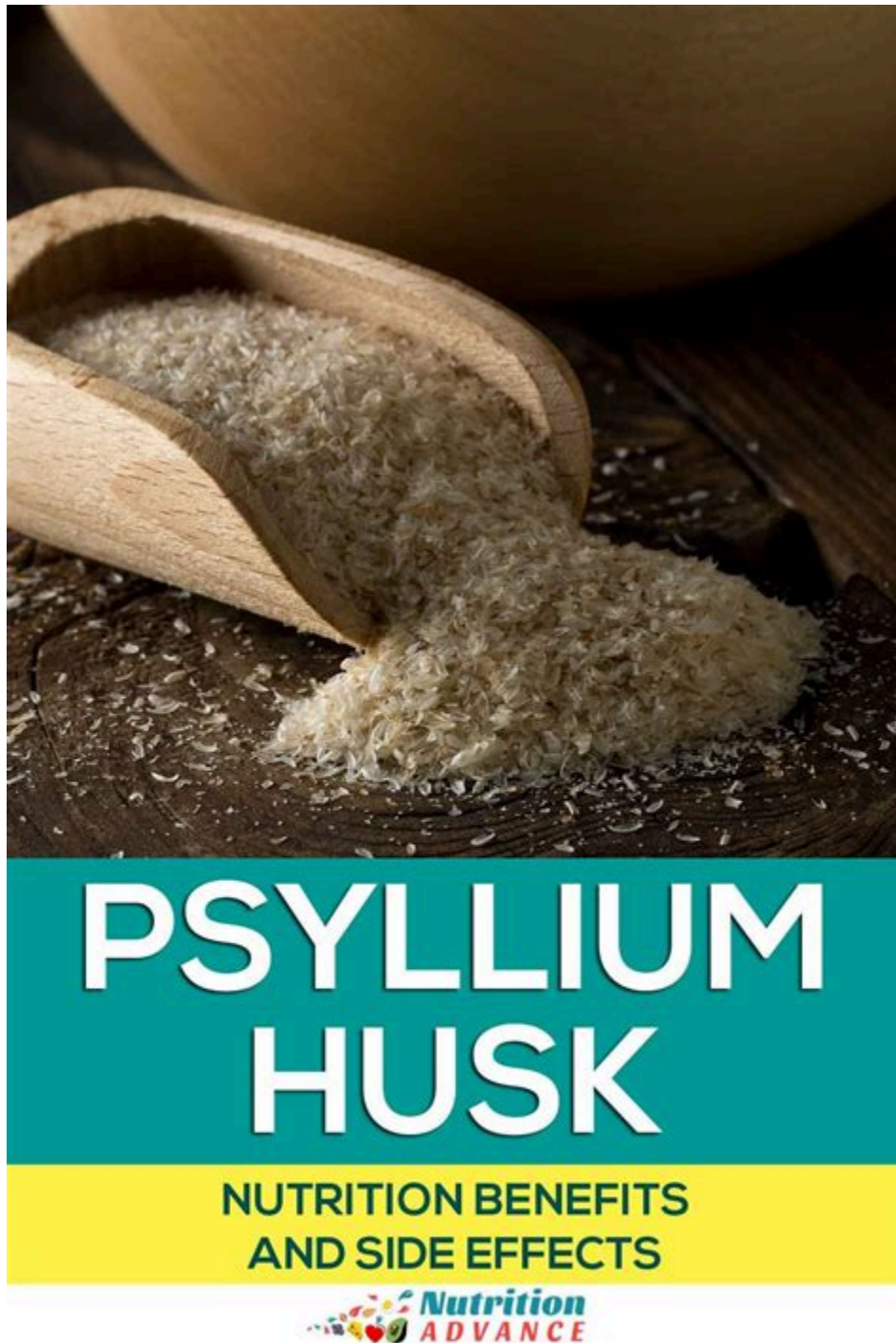
1. Introduction. Psyllium husk, derived from the seeds of *Plantago ovata*, consists of highly branched and gel-forming arabinoxylan, a polymer rich in arabinose and xylose which has limited digestibility in humans. However, several members of the intestinal microbiota can utilize these oligosaccharides and their constituent sugars as an energy source [1,2,3,4,5], and therefore, psyllium can be .

Psyllium Taken With Vitamins | livestrong



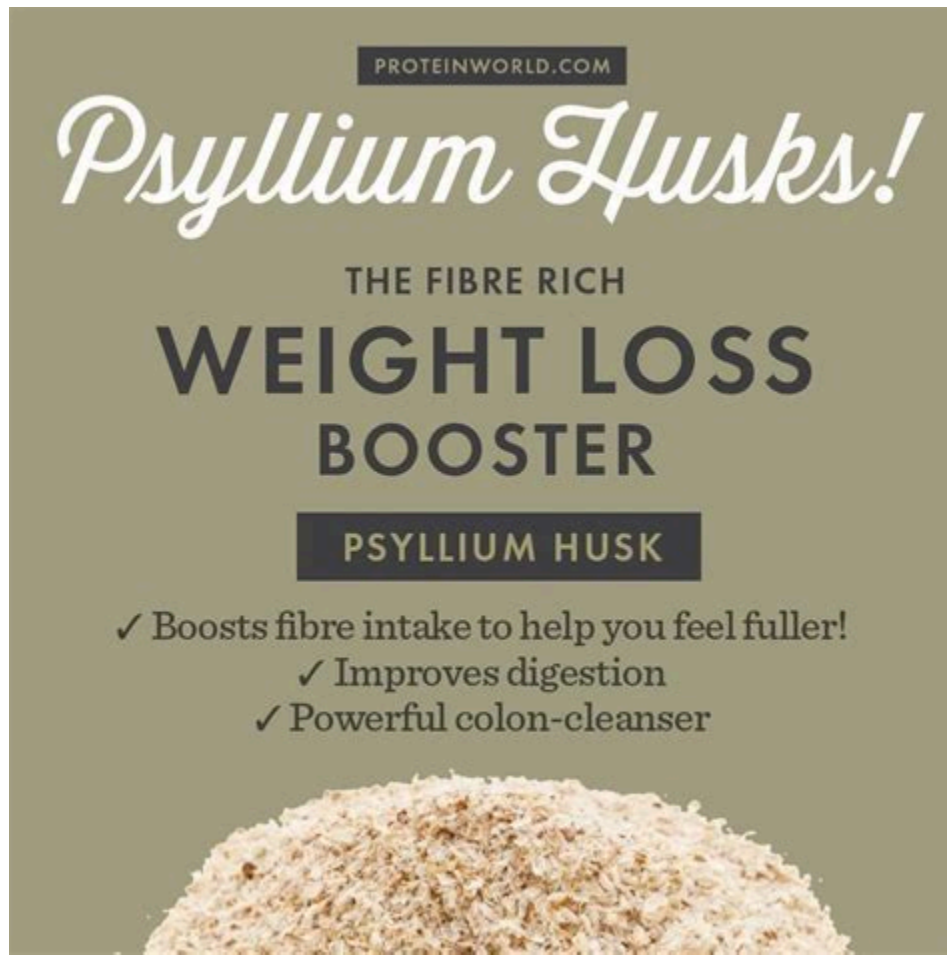
In the small intestine, the psyllium gel increases chyme viscosity, which slows the degradation and absorption of nutrients, which significantly improves fasting blood glucose and hemoglobin A 1c levels in individuals with metabolic syndrome and type 2 diabetes mellitus (eg, -37 mg/dL).

Psyllium Husk: What It Is and Health Benefits



Promotes digestive health: The fiber in psyllium husk helps regulate digestion. Fiber cannot be absorbed by the body, and when mixed with water, it forms a gel that moves along the digestive system, trapping and removing waste. This helps the body pass waste more easily, promoting bowel movement regularity, preventing gas buildup, and softening stools, thereby reducing the pain associated with .

What Does Psyllium Husk Do? 6 Benefits & 3 Side Effects - MedicineNet



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Psyllium Husks!

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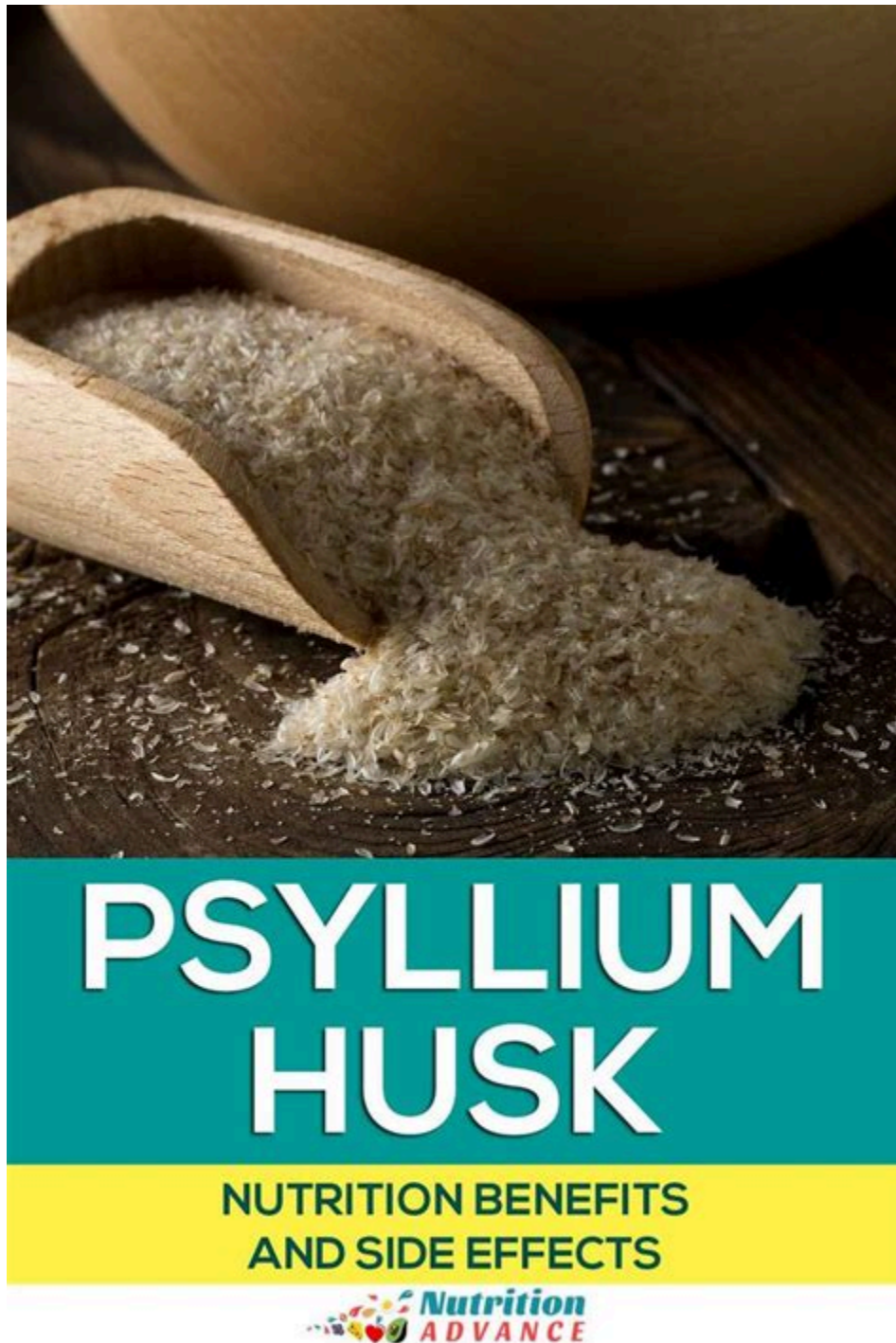
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PSYLLIUM HUSK

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- ✓ Improves digestion
- ✓ Powerful colon-cleanser

Shop Now On AG1's Website What Is Psyllium Husk? Psyllium husk is a type of fiber derived from the seeds of a shrub-like herb called plantago ovata, which is grown around the world but is.

Psyllium Husk: Health Benefits, Side Effects and More - Good Housekeeping



This allows the body to absorb more nutrients from food as it passes through the intestines. It also increases the weight and bulk of stools which the body responds to with intestinal contractions known as peristalsis . The combination of peristalsis and soluble fiber's gel-like consistency helps ease symptoms of constipation.

Psyllium Husk Oral: Uses, Side Effects, Interactions, Pictures . - WebMD

















WHAT IS

PSYLLIUM HUSK?

Psyllium husk comes from a shrub-like herb called *Plantago ovata*, which grows worldwide but is most common in India. Each plant can produce up to 15,000 tiny, gel-coated seeds, from which psyllium husk is derived.

It also sometimes goes by the name ispaghula. Psyllium husk is best known as a natural laxative that is commonly found in health stores.

Dietary fiber found in psyllium husk can help with the following conditions:

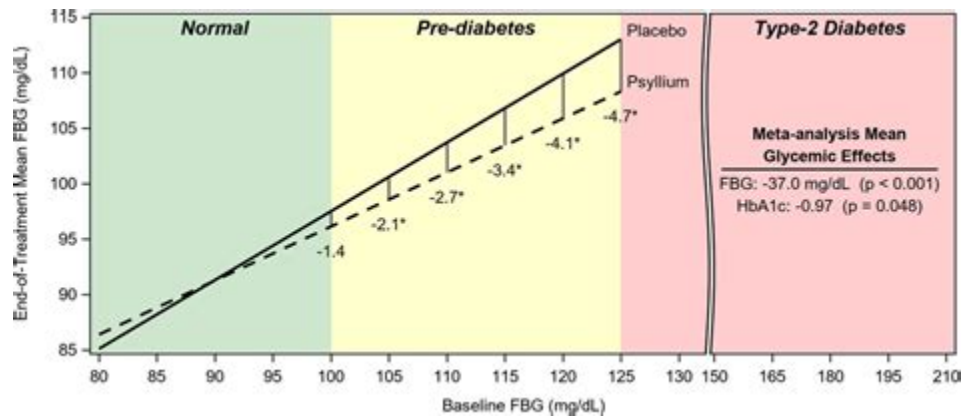
- | | |
|--|---|
|  Cancer |  Heart disease |
|  Colitis |  Hypertension |
|  Constipation |  IBS |
|  Diabetes |  Kidney stones |
|  Diarrhea |  Obesity |
|  Diverticulosis |  Peptic ulcer |
|  Hemorrhoids |  PMS |

Psyllium husk can be used in the making of breads, breakfast cereals, pasta and snack foods. As a thickener, psyllium has been used in ice cream and frozen desserts.



Together, these facts have fueled demand for this all-important nutrient, particularly from supplements. Psyllium (pronounced SIH-lee-uhm) is one such supplement. A type of fiber derived from a

Psyllium: The Gel-Forming Nonfermented Isolated Fiber That D . - LWW



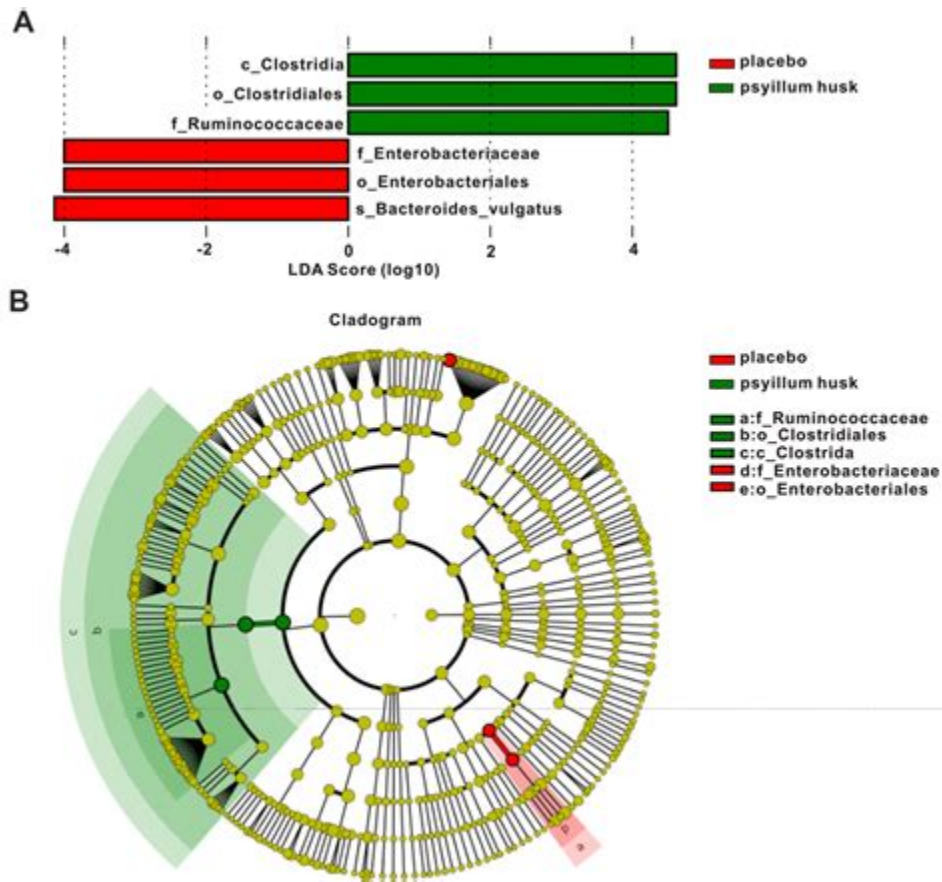
Soluble fibers, such as those in psyllium husk, guar gum, flax seed, and oat bran, can help lower cholesterol when added to a low-fat, low-cholesterol diet. Studies have shown psyllium can lower total, as well as LDL (bad) cholesterol levels, which may help reduce the risk of heart disease.

Psyllium: Benefits, safety, and dosage - Medical News Today



: Kamal Patel, MPH, MBA Last Updated: September 28, 2022 Examine Database 1 Sources and Composition 1. 1 Sources 1. 2 Composition 2 Neurology 2. 1 Appetite 3 Cardiovascular Health 3. 1 Absorption 3. 2 Triglycerides 3. 3 Cholesterol and Lipoproteins 3. 4 Blood Pressure 4 Interactions with Glucose Metabolism 4. 1 Absorption 4. 2

The effects of psyllium husk on gut microbiota composition and function .



Although the effects of psyllium husk on alleviating symptoms of constipation have been described, the role of gut microbiota in this effect has remained unclear. In the present study, we investigated the effects of psyllium husk on the gut microbiota of constipated women aged 15-49 years using a randomized, parallel, placebo-controlled trial.

Psyllium Information | Mount Sinai - New York



Last updated: July 19, 2019 by Michael Joseph, MSc Psyllium husk is a concentrated source of dietary fiber. Often used as a fiber supplement, psyllium is also known by the brand name of Metamucil. However, psyllium husk has many different uses. For one thing, it is a common thickener in the food industry.

Psyllium Husks and Nutrient Absorption - Yerba Prima



Psyllium husks do not interfere with the absorption of vitamins, minerals and other nutrients when taken as directed, either with meals or between meals. The reason why has to do with how psyllium husks work in the body. Psyllium husks swell when mixed with liquid and create added bulk that is beneficial for the digestive system.

Beneficial effects of psyllium on the prevention and treatment of .



Cite this: *Food Funct.*, 2022, **13**, 7473

Beneficial effects of psyllium on the prevention and treatment of cardiometabolic diseases

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rsc.li/food-function

Cardiometabolic diseases are reaching epidemic proportions worldwide. Dietary fiber intake can improve the risk factors associated with CMD. Psyllium, especially its husk, is one of the most widely used dietary fiber supplements, which is often used to enrich cereals and other food products. Numerous pharmacological studies have investigated the active ingredients and therapeutic effects of psyllium and its extracts, including antioxidant, anti-tumor, antidiabetic, hypotensive, anti-inflammation, neuroprotection, antidiarrheal, and antiviral activities. In this review, we will summarize the available studies on the therapeutic potential and possible mechanisms of psyllium in treating CMDs, such as hyperlipidemia, diabetes mellitus, and its complications, hypertension, hyperuricemia and obesity, and its applications in food systems.

Introduction

Cardiometabolic diseases (CMDs) are reaching epidemic proportions worldwide and are the leading cause of death in both developed and developing countries.¹ In addition to genetic factors, dyslipidemia, poor glycemic control, abdominal obesity, smoking, lack of exercise, and dietary factors are associated with CMD.² Dyslipidemia is one of the major risk factors contributing to cardiovascular diseases (CVD) through atherosclerosis development and progression.³ Sustained exposure to high glucose levels significantly increases the risk of CVD complications.⁴ Obesity, particularly severe obesity, is capable of producing hemodynamic alterations that result in alterations in cardiac structure and function which may contribute to the development of CVD.⁵ Individuals with CMDs face a higher risk of developing myocardial infarction, stroke, and heart failure. Current evidence indicates that interventions to control modifiable risk factors can reduce the occurrence of CVD or slow down its progression. A growing amount of evidence suggests that dietary fiber intake can improve the risk factors associated with CMD,⁶ and major organizations support increasing fiber intake as part of a healthy lifestyle

promotion. Among the most popular, supplemental, soluble dietary fibers globally are the seed husks of psyllium,⁷ which is often used to enrich cereals and other food products.

Psyllium, also known as isabgol, is the seed of an annual plant of the *Plantago* genus, which is widely cultivated in tropical regions of the world, such as India, Iran, Egypt, China, etc.⁸ In China, psyllium is commonly called "Che Qian Zi", and is used as folk medicine with a long history for antipyretic, diuretic, and expectorant purposes. It was recommended for "disorders of vital energy, pain, diuresis and rheumatism" in the *Shen Nong Ben Cao Jing* (Herbal of the Divine Plowman).⁹ Furthermore, psyllium is also commonly used in traditional Indian medicine for the treatment of skin irritations, constipation, and diarrhea.¹⁰ Recently, psyllium, especially its husk, has been widely used both as a pharmacological supplement and a food product.¹¹ Pharmacological studies have shown that psyllium exhibits several biopharmacological activities, including against constipation,^{12–15} diarrhea,^{13,16} obesity,^{17,18} diabetes,^{19–23} nonalcoholic fatty liver disease (NAFLD),²⁴ hypercholesterolemia,^{20,25–30} irritable bowel syndrome,^{31,32} and colon cancer,³³ some of which are closely related to the development of CMDs. Psyllium husk can be used in food product development, such as in ice cream, bakery goods, dairy and gluten-free products, beverages, chocolates, noodles, and breakfast cereals.^{33,34–41} Most health-beneficial effects and food applications of psyllium are attributed to its high water-holding capacity and gel-forming nature.^{42–45} The purpose of this review is to summarize the available studies on the beneficial health effects of psyllium on CMDs and its applications in functional foods.

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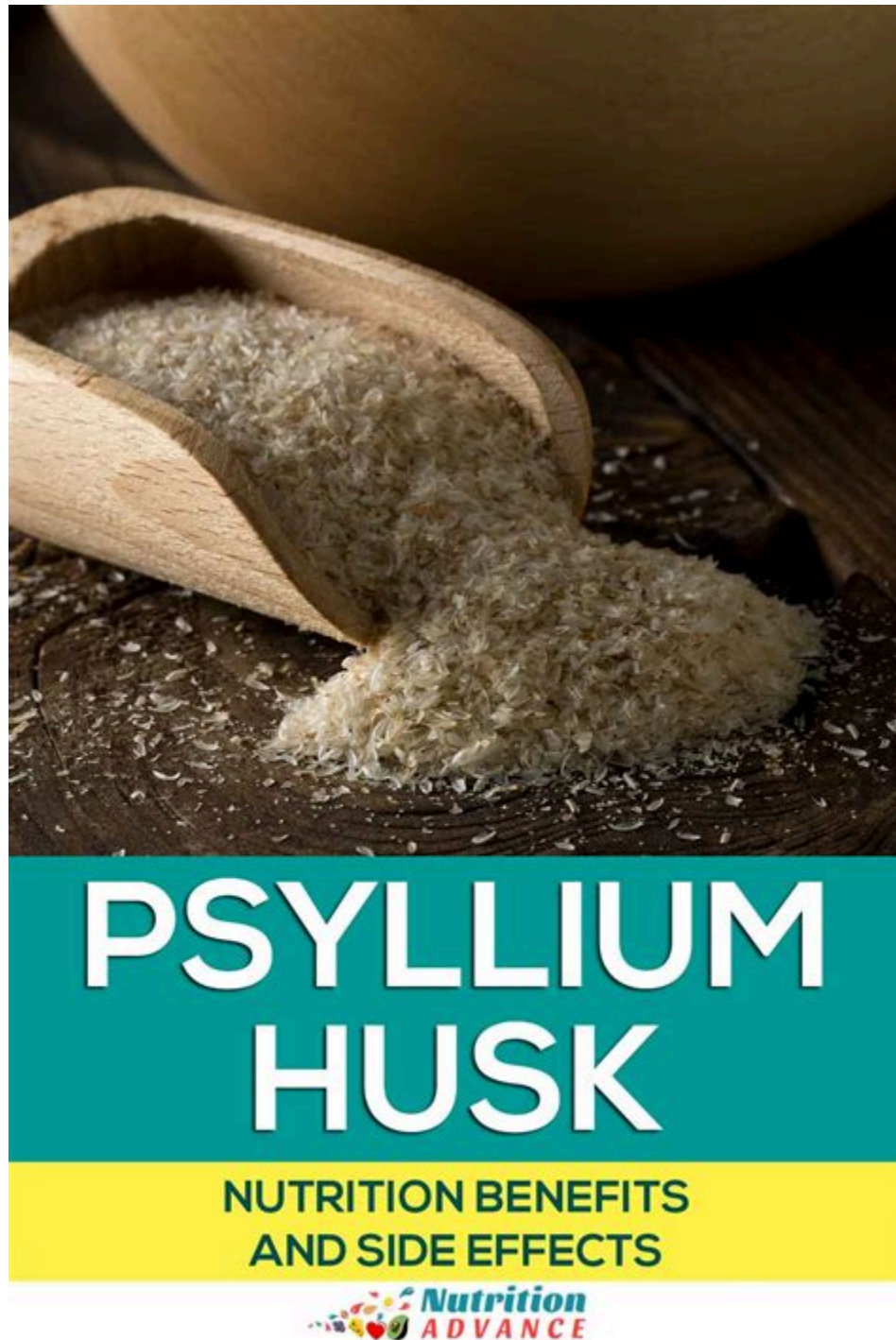
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^{††}First author.
^{‡‡}Co-first author.

Psyllium husk, a highly viscous fiber, has beneficial effects for health, but has been reported to inhibit absorption of calcium. The present study found the effects of fiber viscosity on calcium, magnesium, and zinc absorption with partially degraded psyllium preparations to be one fifth viscosity ...

Psyllium: Benefits, Dosage, and Potential Risks of This Fiber Supplement



Taking fiber supplements every day seems to be safe. Popular fiber supplements include inulin, psyllium (Metamucil, Konsyl, others) and methylcellulose (Citrucel). Fiber is good for the body. It helps the bowel work well and prevents constipation. Fiber can help lower cholesterol and help you feel full, which might help control overeating.

Psyllium: Benefits, Side Effects, Dosage - Verywell Health

Recommended Doses of

PSYLLIUM HUSK

Per serving, whole psyllium husk and psyllium husk powder are both around:

15–30 calories
with
4.5–6 grams of dietary fiber

Whole Psyllium Husk

For adults & children over 12:



For children 6–12:



Psyllium Husk Powder

For adults & children over 12:



For children 6–12:



Psyllium can also interfere with the absorption of other vitamins and minerals, including iron, calcium, zinc and vitamin B12. We Recommend Nutrition What Are the Dangers of Taking Too Much Psyllium Husk? Health Why Will Metamucil Affect Vitamins? Nutrition Foods Rich in Vitamins B & C Considerations

Psyllium Husk: Benefits, Safety And Dosage - Forbes Health

Recommended Doses of

PSYLLIUM HUSK

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Psyllium Husk Powder

For adults & children over 12:



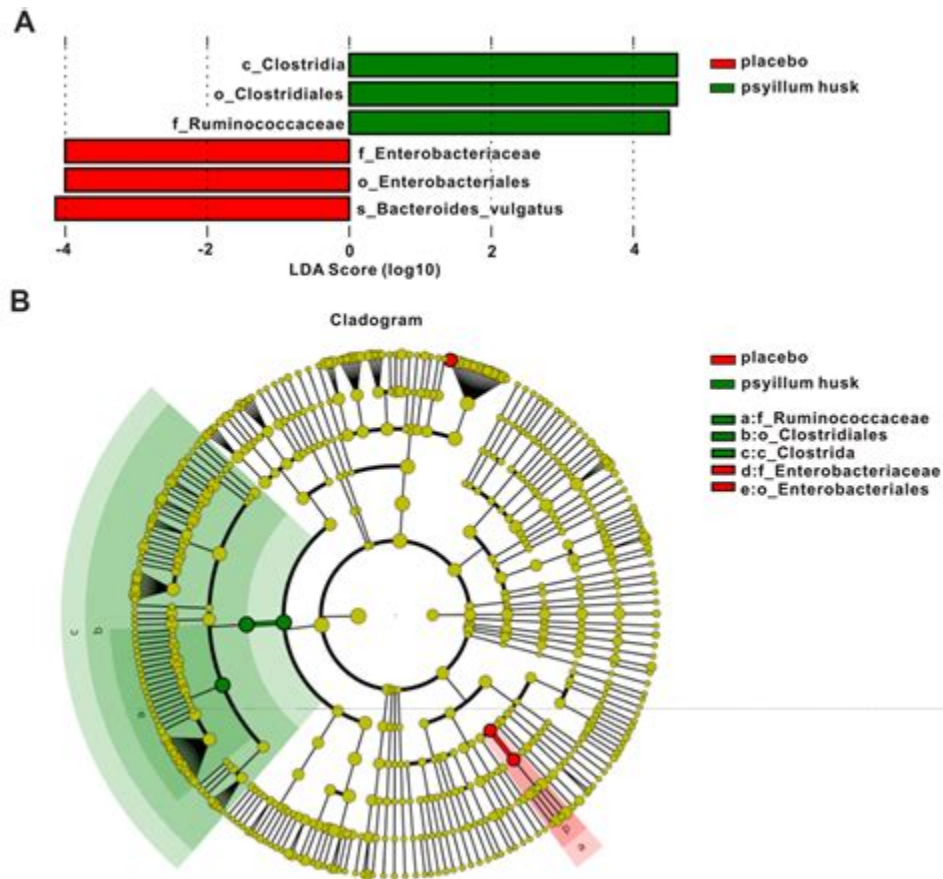
For children 6–12:



Because of the large increase in bulk in the intestines caused by psyllium husk, it may reduce the absorption of vitamins or medications. The University of Maryland Medical Center recommends using psyllium husk at least one hour before or two to four hours after taking vitamins or medication.

Increasing Vitamin Absorption

The Effect of Psyllium Husk on Intestinal Microbiota in Constipated .



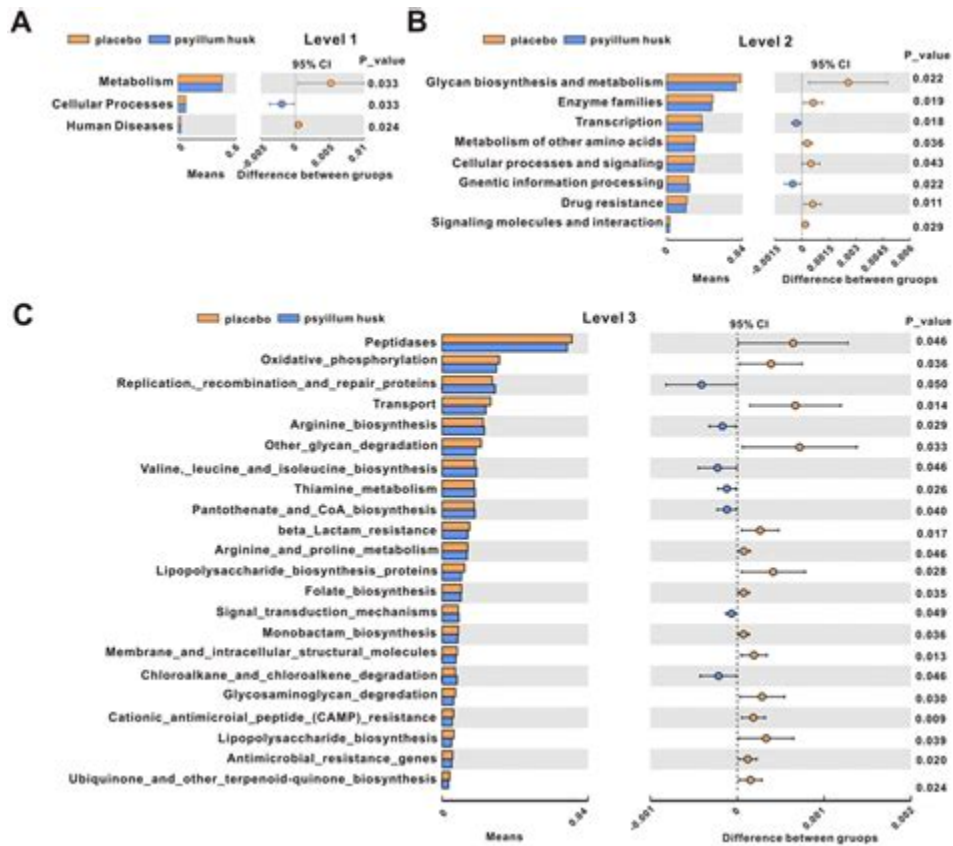
Three-week psyllium-husk supplementation: effect on plasma cholesterol concentrations, fecal steroid excretion, and carbohydrate absorption in men This study was conducted to determine the effect of psyllium husk on plasma total and lipoprotein cholesterol in healthy human subjects and to elucidate possible hypocholesterolemic mechanisms.

Why Will Metamucil Affect Vitamins? | livestrong



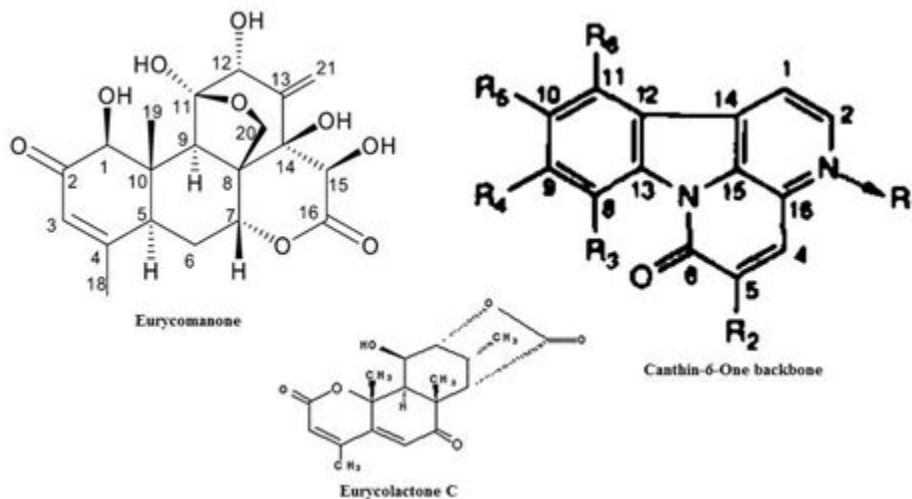
Uses. This medication is used to treat constipation. It increases the bulk in your stool, an effect that helps to cause movement of the intestines. It also works by increasing the amount of water .

Three-week psyllium-husk supplementation: effect on plasma . - PubMed



What are the health effects of psyllium husk? Research suggests that psyllium husk may provide several potential benefits: May help control blood sugar: By forming a gel with water, psyllium husk can slow down the movement of food through your digestive tract and the absorption of glucose into your bloodstream. A large review of 35 studies found that taking 5-20 grams of psyllium per day .

Research Breakdown on Psyllium - Examine



Psyllium fiber sources were purified powdered psyllium seed husk, Metamucil® brand fiber

supplement, and All-Bran® Bran Buds® cereal. . Dietary fiber is a complex group of food components, as it does not exist as a single entity. . The effects of psyllium intake on mineral absorption have been evaluated in a number of previous studies .

Inhibitory effects of psyllium on rat mineral absorption were . - PubMed

Biomol. Biotechnol. Biochem., 48 (8), 1737-1742, 2004



Inhibitory Effects of Psyllium on Rat Mineral Absorption Were Abolished by Reduction of Viscosity with Partial Hydrolysis

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Psyllium husk, a highly viscous fiber, has beneficial effects for health, but has been reported to inhibit absorption of calcium. The present study found the effects of fiber viscosity on calcium, magnesium, and zinc absorption with partially degraded psyllium preparations to be one fifth viscosity (LD-HP) and one seventieth viscosity (HD-HP) using normal and ovariectomized rats. Magnesium absorption was reduced with ingestion of intact psyllium (50 g/kg diet) for 4 weeks but this reduced absorption was increased with lower viscous psyllium preparations. Moreover, the absorption in the HD-HP group was higher than in the control group (100 g cellulose/kg diet) in ovariectomized rats. Changes in calcium and zinc absorption were similar to those in magnesium absorption. Cecal pH was reduced only in rats fed HD-HP in both normal and ovariectomized rats. These results indicate that reduction of psyllium viscosity tends to counter inhibitory effects on mineral absorption.

Key words: psyllium; partially hydrolyzed psyllium; viscosity; mineral absorption; ovariectomized rats

Many studies have reported that some dietary fibers improve lipid metabolism and mineral absorption in rats.¹⁻⁴ Psyllium is a source of natural and concentrated soluble fiber derived from the husks of *Plantago ovata*. It is approximately eight times more soluble fiber than oat bran on a per weight basis.⁵ It increases stool weight and promotes laxation by increasing the moisture content of the stools.^{6,7} It has been reported that psyllium decreased serum total cholesterol concentration with no effect on serum HDL-cholesterol.^{8,9} In spite of these beneficial effects, Luccia and Kunkel found that psyllium decreased apparent absorption of calcium.¹⁰

Annisson showed that dietary soluble non-starch polysaccharides inhibit nutrient absorption in broiler chickens by raising the viscosity of the digesta.¹¹ Van der Klis proposed that reduction of mineral absorption

with increasing dietary concentrations of indigestible soluble polysaccharides (carboxymethylcellulose) was probably caused by the higher intraluminal viscosities in the small intestine.¹² Moreover, it has been reported that partially hydrolyzed guar gum, which has less viscosity than native guar gum, improves calcium absorption.¹³ These previous findings suggest that viscosity is a factor affecting mineral absorption, but this has not been fully understood.

We examined the effects of psyllium viscosity on intestinal absorption of calcium, magnesium, and zinc. Calcium is the most abundant divalent cation and is responsible for regulatory functions such as neurotransmission, cellular secretion, and blood clotting.¹⁴ It is obvious that a dietary deficiency in calcium leads to progressive bone loss.¹⁵ Magnesium is the second most abundant intracellular cation in vertebrates, and an increasing number of clinical disorders such as diabetes and cardiovascular disease, have been found to be associated with magnesium deficiency.¹⁶⁻¹⁸ Recently, magnesium deficiency has also been implicated as a risk factor for osteoporosis.¹⁷

Osteoporosis has recently become a disease of public concern especially apparent in post-menopausal women, and is thought to be due to estrogen deficiency.¹⁹⁻²¹ In the present study, we used ovariectomized (OVX) rats as a model for postmenopausal osteoporosis with calcium malabsorption. Zinc absorption is also known to affect ingestion of fiber. Marginal zinc deficiency is associated with diets based on plant food, especially those diet rich in fiber.²² But the effects of OVX on zinc absorption have not been reported. Zinc is an essential trace element involved in many important body functions.^{23,24} Zinc deficiency results in retardation of growth,²⁵ neuropsychologic impairment,²⁶ lowering of gustatory and olfactory sensitivity, and immunological defects.²⁷

The aim of the present study was to evaluate the effects of feeding psyllium and partially hydrolyzed psyllium with different viscosities on calcium, magne-

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Abbreviations: IP, intact psyllium; OVX, ovariectomy (ovariectomized); HD-HP, high degree hydrolyzed psyllium; LD-HP, low degree hydrolyzed psyllium

Benefits Psyllium is available in various forms and has many health benefits. Relieves constipation Psyllium is a bulk-forming laxative. Initially, it works by binding to partially digested.

- <https://blog.libero.it/wp/roadqween/wp-content/uploads/sites/87767/2023/12/Dianabol-And-Gynecomastia.pdf>

- <https://groups.google.com/g/56jock38/c/zz1qRn4hvf>
- <https://groups.google.com/g/96bodybuilding97/c/hOxtw-o1Xz8>