

Ingredients and Allergy Information

Date of last review:	[Publish Date]	Version No.:	
----------------------	----------------	--------------	--

John Lewis Stock Number	46574315
Name	Organic Psyllium Husk Powder 275g
Ingredients	100% Organic Psyllium Husks
For allergens, see ingredients in bold	
May contain statements	
Net Quantity	275g
Country of Origin	India
Storage Instructions	Store in a cool, dry place away from direct sunlight. Refrigeration is not required.
Manufacturer's name and address	KIKI Ltd. Unit 4, Aylsham Business Estate, Shepheards Close, Aylsham, Norfolk, NR11 6SZ United Kingdom
Instructions for use	Adult intake: Add one (1) heaped teaspoon to any drink or smoothie, sprinkle on and mix with foods. It is vital that you drink plenty of water when consuming Psyllium Husks, and throughout the day afterwards.
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	1245kJ/301kcal
Fat	6g
Of which saturated	0g
Carbohydrate	34.8g
Of which sugars	0g
Fibre	53.5g
Protein	0.2g
Salt	0g
Alcoholic Strength	0%
Suitable for vegetarians	Yes
Suitable for vegans	Yes
Suitable for nut allergy sufferers	Yes

Suitable for gluten allergy sufferers	Yes
Suitable to wheat allergy sufferers	Yes
Suitable for egg allergy sufferers	Yes
Suitable for dairy allergy sufferers	Yes
Suitable for soya allergy sufferers	Yes
Free from alcohol	Yes
Free from artificial flavours	Yes
Free from artificial colours	Yes