

Psyllium

Where It Comes From

Psyllium fiber comes from the outer coating, or “husk”, of the psyllium plant’s seeds. The psyllium husk is a naturally occurring source of soluble fiber.

What It Does

Psyllium fiber is a source of soluble fiber, and has multiple health benefits. Psyllium fiber forms a sticky gel that acts like a sponge to absorb some toxins, sugars and carbohydrates in the gut.

How It Helps – Existing Evidence

1. Used to support a healthy digestive system
2. It helps you feel less hungry between meals
3. Helps maintain healthy blood sugar levels as part of your diet
4. Helps to reduce the risk of cardiovascular disease by lowering blood cholesterol levels.

How is it processed by the body?

Psyllium fiber is not digested but thickens and forms a gel in your stomach. This gel traps some sugars and carbohydrates and moves down to the intestine where the trapped sugars are slowly released and absorbed into the body.

What types of food is this fiber typically found in?

Psyllium is commonly found in cereals, dietary supplements, and is also added to some foods including baked products such as breads, cereal bars, and rice/grain cakes. Look for the ingredients psyllium, psyllium seed, or psyllium husk on the ingredient panel.