

## PSYLLIUM HUSK FROM UNILECITHIN

# A natural fiber that promotes weight loss and supports the digestive system

Unilecithin offers a wide portfolio of lecithin ingredients. Recently the company has extended their portfolio to include psyllium husk, a natural fiber, also known as ispaghula, isabgol or psyllium. Psyllium husk is part of the seed of the plant *Plantago ovata*, native to India and Pakistan.



Psyllium husk is used in products promoting weight control and general intestinal health. Many studies show the positive effect of psyllium husk in the areas of cardiovascular disease, colon cancer, constipation, diarrhea, obesity, high blood sugar and inflammatory bowel disease. The main benefits come from its high amount of fibers. The spongy fiber reduces appetite, improves digestion and cleanses the digestive system. When combined with water, psyllium husk

forms a gel that can help keep the bowels regular. This natural gel is far more gentle than using a laxative and is also gluten-free.

### UNILEC PH PSYLLIUM HUSK AREAS OF APPLICATION

#### PREVENTING DRYNESS IN GLUTEN-FREE BAKERY

Psyllium husk can be beneficial in the baking of gluten-free cakes, bread and muffins etc. It will enrich the product with fibers, and due to its water retaining capability, will at the same time prevent the goods from becoming dry and crumbly.

#### ADDING A SATIETY EFFECT

Due to its bulking properties, psyllium husk can be a great aid in applications such as dietary meals and shakes. The psyllium fibers expand after the uptake of the water in the digestive system, which will create a satiety effect.

#### OVERCOMING TECHNICAL CHALLENGES IN HEALTHY FOOD

Healthy Food concepts often contain reduced sugar and/or fat, which can

result in sensorial challenges. To overcome these challenges the usage of fibers can be beneficial as they improve the texture and mouthfeel as well as the water binding ability of the formulation.

#### A NATURAL BOWEL MOVEMENT

Adding psyllium husk in a dietary product supports the digestive system. Not only can it relieve problems like constipation and diarrhea, but it can also aid chronic illnesses like irritable bowel syndrome.

#### ADDING SUPPLEMENTARY FIBER

Due to the high amount of soluble fiber psyllium husk will help to fulfill daily dietary fiber recommendations in your formulation. The Unilec PH Psyllium husk is available in concentrations from 85% to 99%. The ratio of the fiber content is: soluble 53% vs insoluble 47%.

For more information on Unilecithin's products please contact your local Barentz representative, or visit Unilecithin's website [www.unilecithin.com](http://www.unilecithin.com)

## UNILECITHIN PRODUCTS

UNILEC PHP99: Psyllium Husk Powder 99%

UNILEC PHP98: Psyllium Husk Powder 98%

UNILEC PHP95: Psyllium Husk Powder 95%

UNILEC PHP85: Psyllium Husk Powder 85%

UNILEC-PHW -USP 98: Whole Psyllium Husk 98%

UNILEC-PHW -USP 95: Whole Psyllium Husk 95%

UNILEC-PHW -USP 85: Whole Psyllium Husk 85%

Powders are available at mesh sizes:

30, 60, 80, 100 mesh

The standard product is non-organic but organic psyllium husk is also available on request.