



Head Office :
RS 125, Plot No. 10 to 15
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Rama Gum Industries (I) Limited

Manufacturer & Exporter of Guar Gum Split & Powder
Government Recognized Export House Status
CIN-U24136GJ2013PLC074306

SPECIFICATION SHEET

PSYLLIUM HUSK PSYLLIUM HUSK POWDER

PSYLLIUM

Common Names	<i>Flea, Ispaghua, Spogel, Plantago Psyllium, Isaphgol, Plantago sp., Isabgula, Plantaginis Ovatae Semen (Semen Plantaginis Ovatae), Semen Ispaghulae</i>
Botanical Names of Psyllium	<i>Plantago Ovata, Plantago Ispaghula</i>
Other Names of Psyllium:	<i>Psyllii semen, Blond Psyllium, Cleansing Plaintain, Natural dietary Fiber, Herbal supplement, Fiber - blend, Laxative, Nutrition- Herbs, Feed Supplement, Pale Psyllium.</i>

PSYLLIUM HUSK:

The husk of Psyllium is the actual coating of mucilage around the seed. It is considered pure dietary fiber and is the only part of the plant used in manufacturing Psyllium products.

Psyllium Husk is separated from the seeds by a mechanical process where no Chemicals are used. Psyllium Husk is available mostly in four grade of purity i.e. 99% pure, 98% pure, 95% pure and 85% pure.





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Psyllium Husk's nutritional value consists mainly of glycosides, proteins, polysaccharides, vitamin B1, and choline. Fiber content of over 80% compared to less than 15% for oat bran and 10% for wheat bran. The husk is composed mostly of a fiber called hemicellulose which is a complex carbohydrate found in whole grains, fruits and vegetables. Hemicellulose is indigestible however, it is partially broken down in the colon and feeds the friendly intestinal flora.

Psyllium Husk Properties

- Husk: White, translucent, thin, boat shaped, 2-3 x 0.5-1 mm;
- odourless; taste bland, mucilaginous.
- High affinity to water
- Totally free from toxicity
- Non-habit-forming
- Easily produces gel by absorbing water and lubricates bowel
- Chemically inert, acts mechanically in elementary canal and is not digested or absorbed by the body in any case



Psyllium Husk Usage / Applications :

- Psyllium husk is white fibrous material derived from psyllium seeds. It is an effective product with varieties of uses in pharmaceuticals, cosmetics and food products industries.
- Psyllium Husks is a soluble fiber. Soluble fiber becomes gelatinous and sticky in water. It is not absorbed in the small bowel. It is broken down in the large bowel and becomes a food source for the bacteria that live in the colon. These healthy bacteria bulk up the stool, creating larger softer stool which is easier to pass. Incidentally, after psyllium is metabolized in the colon, some of it is absorbed and so adds some calories to the diet.
- The husk is composed mostly of a fiber called hemicelluloses which is a complex carbohydrate found in whole grains, fruits and vegetables





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Psyllium Husk - Technical Specification

Grade Name	RICOL 99% Pure	RICOL 98% Pure	RICOL 95% Pure	RICOL 85% Pure
Description	Pale-Buff-Coloured Husk. The Odour is not Marked	Pale-Buff-Coloured Husk. The Odour is not Marked	Pale-Buff-Coloured Husk. The Odour is not Marked	Pale-Buff-Coloured Husk. The Odour is not Marked
Taste	Blend Mucilaginous	Blend Mucilaginous	Blend Mucilaginous	Blend Mucilaginous
Moisture	10% Max.	10% Max.	10% Max.	10% Max.
Swell Volume	Min. 40 ML. / Gram	Min. 40 ML. / Gram	Min. 45 ML. / Gram	Min. 50 ML. / Gram
Psyllium Mucilloid Content	99%	98%	95%	85%
Total Ash	4% Max.	4% Max.	4% Max.	4% Max.
Acid Insoluble Ash	1% Max.	1% Max.	1% Max.	1% Max.
Heavy Extraneous Matter	0.3% Max.	0.4% Max.	0.5% Max.	0.5% Max.
Light Extraneous Matter	5.0% Max.	2.0% Max.	15.0% Max.	15.0% Max.
Mesh Size Limits	As per the buyer's requirements	As per the buyer's requirements	As per the buyer's requirements	As per the buyer's requirements
Insect Infestation	NMT 100 insect fragments per 25 grams, including Mites, psocids, no eggs larva or whole insects present.	NMT 100 insect fragments per 25 grams, including Mites, psocids, no eggs larva or whole insects present.	NMT 100 insect fragments per 25 grams, including Mites, psocids, no eggs larva or whole insects present.	NMT 100 insect fragments per 25 grams, including Mites, psocids, no eggs larva or whole insects present.
Microbiological Limit	Absence of Salmonella Sp. And Escherichia Coli	Absence of Salmonella Sp. And Escherichia Coli	Absence of Salmonella Sp. And Escherichia Coli	Absence of Salmonella Sp. And Escherichia Coli



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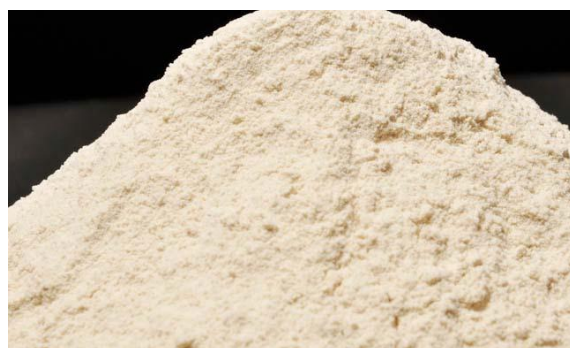
PSYLLIUM HUSK POWDER

Psyllium Husk Powder is processed from the Psyllium Husk which is grinded using Pulverize Machine in various particle sizes that is 40 meshes, 60 meshes, 80 meshes, 100 meshes in all grades of purity.

Psyllium Husk and its Powder is used as a mild laxative spread in the United States and other European countries. Psyllium Husk Powder has high fiber and recently it has been started getting used in low carbohydrate treatment in USA.

Psyllium Husk Powder Properties

- Color: Light Brown to dark brown
- Solubility: Cold
- Rate of hydration: Moderate
- Purity: 70 - 99%



Psyllium Husk consists of the epidermis and the collapsed adjacent layers removed from the dried ripe seeds of *Plantago Ovata* Frosk. Psyllium husk powder is derived from the seed coverings of the *Plantago ovata* plant. It contains a high amount of soluble fiber. Beneficial bacteria utilize soluble fiber to “fuel” the colon, helping improve the natural elimination process of the body. The health of the colon, like all body systems, is dependent on energy. Psyllium also slows absorption of foods and holds water, supporting healthy, normally formed bowel movements.





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Psyllium Husk Powder - Technical Specification

Parameters	RICOL - P - 85% Pure	RICOL - P - 95% Pure	RICOL - P - 98% Pure	RICOL - P - 99% Pure
Description	Pale-Buff-Coloured Husk. The Odour is not Marked	Pale-Buff-Coloured Husk. The Odour is not Marked	Pale-Buff-Coloured Husk. The Odour is not Marked	Pale-Buff-Coloured Husk. The Odour is not Marked
Taste	Blend Mucilaginous	Blend Mucilaginous	Blend Mucilaginous	Blend Mucilaginous
Moisture	10% Maximum	10% Maximum	10% Maximum	10.5% Maximum
Swell Volume	Not less than 45 ml/gm	Not less than 55 ml/gm	Not less than 70 ml/gm	Not less than 75 ml/gm
Psyllium Mucilloid Content	85% Minimum	95% Minimum	98% Minimum	99% Minimum
Total Ash	4.5% Maximum	4% Maximum	4% Maximum	4% Maximum
Acid Insoluble Ash	1% Maximum	1% Maximum	1% Maximum	1% Maximum
Heavy Extraneous Matter	0.5% Maximum	0.5% Maximum	0.5% Maximum	0.3% Maximum
Light Extraneous Matter	15% Maximum	5% Maximum	2% Maximum	1% Maximum
Insect Infestation	Not more than 100 insect fragments including mites and psocides per 25 grams	Not more than 100 insect fragments including mites and psocides per 25 grams	Not more than 100 insect fragments including mites and psocides per 25 grams	Not more than 100 insect fragments including mites and psocides per 25 grams
Mesh Size Limits	As per the buyer's requirements	As per the buyer's requirements	As per the buyer's requirements	As per the buyer's requirements
Sieve Analysis	As per the buyer's requirements	As per the buyer's requirements	As per the buyer's requirements	As per the buyer's requirements
Microbiological				
TOTAL YEAST / MOLD COUNT	NMT 5,000 CFU/Gm.	NMT 5,000 CFU/Gm.	NMT 5,000 CFU/Gm.	NMT 5,000 CFU/Gm.
E.COLI ,	ABSENT	ABSENT	ABSENT	ABSENT
SALMONELLA	ABSENT	ABSENT	ABSENT	ABSENT



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Psyllium Husk Powder Usage / Applications :

- Mainly use in pharmaceutical formulations, lubricating laxative.
- Useful in the treatment of intestinal tract problems like constipation and other minor disorders.
- It is commercially used in Ice-creams as a substitute of sodium alginate as a stabilizer.
- Also used in fresh fruit drinks, Jam, Bread, Biscuits, Rice cakes, instant noodles, breakfast cereals, etc.
- Improves Softness and Texture, works as binder and stabilizer in pharmaceutical industry.
- To avoid the stickiness in throat and mouth, some companies prepare capsules for regular consumption.

Storage : Store in Cool, Dry and Dark Place , Preferably below 15oC

Packing : IN MULTIWALL PAPER OR POLY- PROPYLENE (PP) OR JUTE BAGS
OF 50 KG; 25 KG & 50 LB. ALSO IN 5 & 10 LB POLY BAGS.

