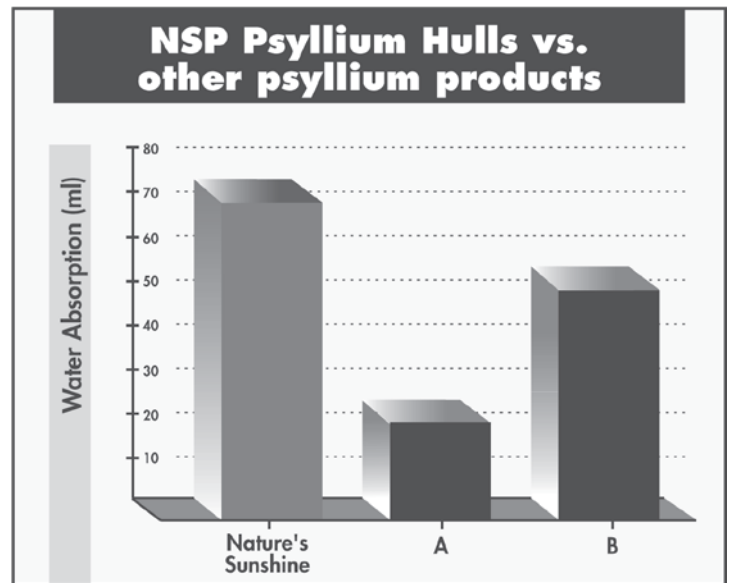


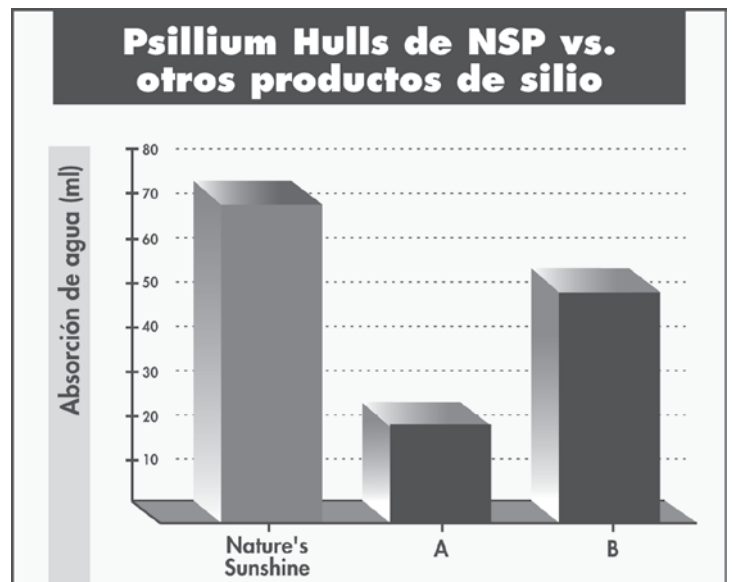
## *NSP Psyllium Hulls vs. other psyllium products*

In a swell (absorption) test, equal amounts of NSP Psyllium Hulls and two other brands of psyllium (single) products were placed in containers with 100 ml of water. NSP Psyllium Hulls absorbed significantly more water than the other two products. In fact, you would need to take almost twice as much of these competing products to equal the absorbing, bulking action of NSP Psyllium Hulls.



## *Psyllium Hulls de NSP vs. Otros productos de psyllium*

En una prueba de absorción, se pusieron por separado en recipientes con 100 ml de agua el psyllium de NSP y otras dos marcas con únicamente psyllium. Psyllium Hulls de NSP absorbió cantidades significativas de agua más que los otros dos productos.



*Psyllium Hulls—Stock No. 545-9*  
*Psyllium Hulls Combination (13 oz)—Stock No. 1375-6*  
*Psyllium (Seeds)—Stock No. 540-4*

