



Product Description: CarePsyllium™ is an all natural, high quality fiber composed of one-third insoluble and two-thirds soluble fractions. It is a versatile fiber source known for its functionality and nutritional properties. CarePsyllium is specially steam treated to ensure maximum quality, and to increase its water holding capacity up to 1:40.

Product Line: CarePsyllium™ is available in 95, 98 and 99% purity, 40 and 100 Mesh

Applications and Benefits:

- CarePsyllium™ is used in a wide variety of prepared baked goods to increase the fiber content, manage water, and to improve the bulk of the food
- CarePsyllium™ reduces staling in breads
- Clinical studies show that psyllium ingestion has a positive effect on lowering postprandial serum lipid levels

Ingredient Declaration: In accordance with country-specific regulations. Examples include Psyllium, Psyllium Husk.



Example of Usage in Loaf Bread:

CarePsyllium may be used in White Pan Bread to increase shelf life and improve texture:

Ingredients	Formula %
Milk, whole	14.75
Butter, melted	1.97
Water, warm	21.23
Yeast, active dry	0.92
Sugar, granulated	1.66
Salt	0.95
Bread Flour, unbleached	57.77
CarePsyllium™ 99/100	0.75
TOTAL:	100.00

Directions:

Dry blend flour, CarePsyllium, salt and sugar in the mixer bowl. In a separate bowl, mix yeast and warm water. Add melted butter/milk to water/yeast and stir. With paddle turning in mixer bowl, add wet ingredients to dry mix. Knead in mixer for 7 minutes. Place in a lightly oiled bowl, cover and let rise for 1 hour. Punch down dough, scale 750 g into each of 2 loaf pans, and allow to rise for 30 minutes. Bake at 190°C (375°F) for 45 minutes.