

# PEScience Regulate-GI: Psyllium Husk Fiber in Capsules

written by Mike Roberto | August 23, 2021

In June of 2018, the supplement industry pioneers **PEScience** released *Symbiont-GI*, a gut health supplement formulated to achieve symbiosis in your GI tract.

It was an *incredible* success, with many customers so excited that they emailed and DM'd the @PEScience team with some very "TMI" messages. Those who've had gut problems understand, though. Improving digestion, bloat, and other GI tract issues is no minor feat.



This year, PEScience has released a quick follow-up supplement to add to your Symbiont-GI, a single-ingredient fiber supplement named **Regulate-GI**.

## Regulate-GI: Psyllium Husk Fiber in *capsule* form!

Regulate-GI contains one ingredient: **psyllium husk fiber**, which has long been used as a fiber source for dieters who are looking to increase stool size and softness *without* causing absurd side effects. With psyllium in capsule form, we don't need to worry about it forming a gel in our beverages, and can get the benefits *without* the nuisance.

We haven't done a deep dipe on psyllium yet on this site, so today we take this opportunity to discuss the research and benefits associated with supplementing this unique fiber. But first, see our PEScience news alerts so that you don't miss out on future PEScience news, content, and deals:

# PEScience Regulate GI – Deals and Price Drop Alerts

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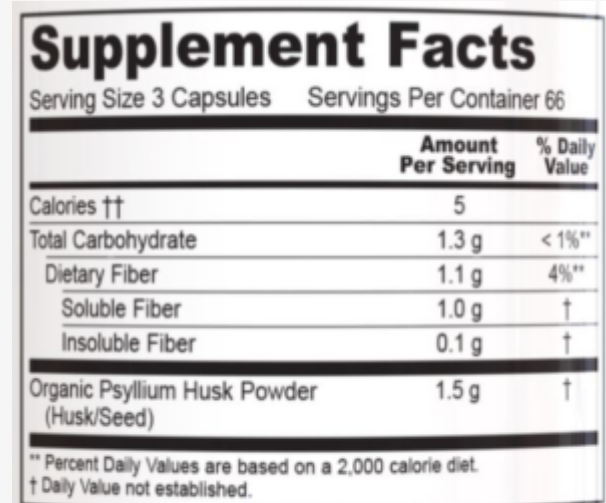
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## Regulate-GI Ingredients: Organic Psyllium Husk Powder (Husk/Seed) – 1.5 g

**Psyllium Husk Powder** is the sole ingredient in Regulate-GI, so this entire article will focus on this unique and scientifically-backed fiber. Each capsule contains 500 milligrams, as the serving size on the label is *three* capsules.



Supplement Facts		
Serving Size 3 Capsules		Servings Per Container 66
	Amount Per Serving	% Daily Value
Calories ††	5	
Total Carbohydrate	1.3 g	< 1%**
Dietary Fiber	1.1 g	4%**
Soluble Fiber	1.0 g	†
Insoluble Fiber	0.1 g	†
Organic Psyllium Husk Powder (Husk/Seed)	1.5 g	†

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule) and Stearic Acid (vegetable source).

The Regulate-GI label is quite simple – psyllium husk fiber in three capsules per serving!

*Psyllium* is the name of the fiber found in the *Plantago ovata* plant, which is also known as *Plantago psyllium*. This fiber consists of *arabinoxylan*, a polymer made of arabinose and xylose that human digestive systems do not sufficiently digest.[1] In addition, it is water soluble and forms a *gel* when mixed with water, yet doesn't ferment or react with the gut's bacteria.[2-4]

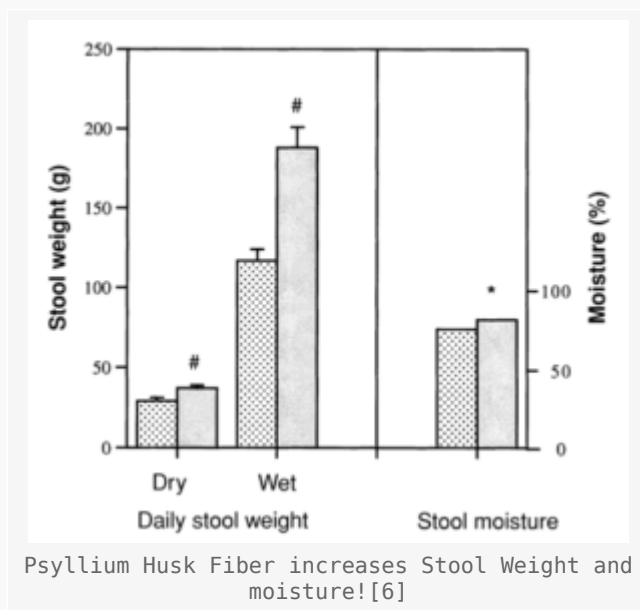
- **Works primarily as a *bulk* laxative: increased stool weight**

Psyllium has been used as a *bulk* laxative since the 1970s,[5] and now has a mountain of research supporting its use for that purpose. This means that it *primarily increases stool size and fecal weight*[5-8] by combining with water and gas in the small intestine and colon.[9] This leads to **softer and easier-to-pass stools**,[10-12] but *doesn't* promote diarrhea (and can actually attenuate it!)[13]

With that primary mechanism and outcome covered, there are some other incredible benefits that psyllium husk fiber supplementation can bring:

- **Reduces Appetite**

Larger doses of psyllium husk fiber have been shown to **reduce appetite** in multiple studies, especially around 3-6 hours after taking it.[14-16] Note that the doses are between 10 and 20 grams of fiber, though, which will be a bit less appealing (but still quite possible) to those talking capsules.



Similarly, a 14 gram dose **reduced glucose absorption** by 12%.[17]

- **Less Gas**

In a very interesting crossover study, researchers hooked *intrarectal catheters* up to healthy humans, and observed **significantly less gas** in the subjects who were on 30 grams of psyllium husk per day.[18] This is contrary to other forms of fiber, which generally *increase* gas (the study continually points out how *bran* increases flatulence).

## • Reduced blood glucose levels, HbA1c, and lipids

A few different studies have shown reduced blood sugar levels when supplementing with psyllium husk fiber,[17,19,20] with the lowest successful dose being in a study that gave 5 grams three times per day.[19] In that study, every lipid value measured improved, including a reduction of triglycerides with an increase in HDL,[19] indicating better insulin sensitivity.

The study cited in a section above demonstrating reduced glucose absorption showed reduced HbA1c levels as well,[17] as did one with reduced blood sugar levels.[20]



Mechanistically, these effects seem to occur because psyllium husk fiber can bind to bile acids, forcing the body to *produce* more bile acids, which in turn uses up some cholesterol.[21] Short-chain fatty acids, which are incredibly helpful, are also produced with the very little fermentation that psyllium undergoes,[21] yielding a net positive result.

## Dosage considerations

With these benefits in mind, the biggest question comes down to how many capsules you want to take – it's quite clear that a *lot* of psyllium can be handled. The benefits of taking capsules here is that you don't need to mix it in liquid and deal with odd gel formations.

However, it's tougher to get the higher doses used in many of the studies cited above unless you're OK with swallowing several capsules.

The official dosages are more specific, having you build up to the fiber:

- **Day 1:** Take 2 capsules in the morning, and 2 capsules at night
- **Day 2 and on:** Take 3 capsules in the morning and 3 capsules at night.

Up to 3 capsules, 3 times daily can be used.

– PEScience Website



### Stack with Symbiont-GI!

In addition, PEScience fans looking to improve digestion and gut health are wise to use this alongside **Symbiont-GI**, which combines to form what the brand calls

their *Optimal-GI Stack*.

## Gut Health is critical to *your* health

It's no longer a secret how important gut health is to your overall health – this drum has been beaten pretty loud lately. On top of the *most* important action you can take – removing toxic industrialized processed seed oils that are high in omega-6 polyunsaturated fatty acids (such as soybean oil, corn oil, sunflower oil, safflower oil, canola oil, and cottonseed oil) while limiting refined carbohydrates like sugar – users have had great success with well-formulated support supplements once the diet is cleared of the industrial waste.

Generally, a supplement like Symbiont-GI is what customers reach for, and it's indeed the most important of the two for the majority of users. However, sometimes the stools *still* won't soften, or you need a bit more volume to push it through, or you want to take a different route in getting your blood sugar and A1c levels down.

In that case, Regulate-GI is an incredible way to do those jobs, providing psyllium husk fiber in a *capsule* form – no more messy gel required.

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