



PSYLLIUM SEED BLONDE

Botanical Name: *Plantago psyllium*

Common Name: Psyllium, Indian psyllium, ispaghula

Medicinal part: Psyllium Seed

Description: *P. ovata* has small seeds; 1,000 seeds weigh less than 2 grams. Under ideal conditions of adequate moisture and low temperature 10 to 20 °C (50 to 68 °F), 30% of seeds germinate in 5 to 8 days. The seed shows some innate dormancy (3 months) following harvest. Attempts to eliminate this dormancy period by scarification, or by exposure to wet or dry heat, cold, ethylene, or carbon dioxide, are ineffective. Post-dormancy seeds show reliable germination in excess of 90% at 29 °C (84 °F), with lower rates of germination as temperature is increased.



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