

## Check shipping costs for your country

	Psyllium Husks 150 gr	Psyllium Husks 300 gr	Natural Throne	Estimated Shipping time*
Austria	5.50€	7.10€	10.72€	4 to 5 working days
Belgium	5.50€	7.10€	10.72€	3 to 4 working days
Bulgary	5.50€	7.10€	19.73€	5 to 6 working days
Czech Republic	5.50€	7.10€	10.54€	4 to 5 working days
Denmark	5.50€	7.10€	12.02€	4 to 5 working days
Estonia	5.50€	7.10€	14.64€	6 to 7 working days
Finland	5.50€	7.10€	19.73€	5 to 6 working days
France	5.50€	7.10€	10.72€	2 to 3 working days
Germany	5.50€	7.10€	10.19€	3 to 4 working days
Great Britain	5.50€	7.10€	10.72€	3 to 4 working days
Greece	5.50€	7.10€	25.15€	8 to 9 working days
Hungary	5.50€	7.10€	12.02€	4 to 5 working days
Italy	5.50€	7.10€	14.64€	3 to 4 working days
Ireland	5.50€	7.10€	14.64€	4 to 5 working days
Latvia	5.50€	7.10€	14.64€	5 to 6 working days
Lithuania	5.50€	7.10€	12.02€	5 to 6 working days
Luxemburg	5.50€	7.10€	10.72€	3 to 4 working days
Netherlands	5.50€	7.10€	10.72€	3 to 4 working days
Norway	5.50€	7.10€	19.73€	5 to 6 working days
Poland	5.50€	7.10€	19.73€	4 to 5 working days
Portugal (Mainland)	3.35€	3.35€	4.20€	2 to 3 working days
Azores islands	3.35€	3.35€	5.90€	3 to 5 working days
Madeira islands	3.35€	3.35€	5.90€	7 working days
Romania	5.50€	7.10€	19.73€	4 to 5 working days
Slovak Republic	5.50€	7.10€	12.02€	4 to 5 working days
Slovenia	5.50€	7.10€	12.02€	3 to 4 working days
Spain (Mainland)	5.50€	7.10€	9.37€	2 to 3 working days
Spain (Balearic Is.)	5.50€	7.10€	18.13€	3 to 4 working days
Spain (Canary Is.)	6.30€	9.80€	26.45€	3 to 4 working days
Spain (Ceuta and Melilla)	6.30€	9.80€	26.45€	4 to 5 working days
Sweden	5.50€	7.10€	14.64€	4 to 5 working days
Switzerland	5.50€	7.10€	12.02€	4 to 5 working days
Australia	6.30€	9.80€	26.45€	7 to 10 working days
Brazil	6.30€	9.80€	26.45€	6 to 11 working days
Canada	6.30€	9.80€	26.45€	6 to 12 working days
China	6.30€	9.80€	26.45€	6 to 11 working days
Japan	6.30€	9.80€	26.45€	5 to 8 working days
Rest of the world	6.30€	9.80€	26.45€	6 to 11 working days

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OTHER DESTINATIONS

note: 1 Natural Throne = approx. 1 kg (2.20 lb) (VAT included)

\*Transit times mentioned are always indicative and no basis for claim in case of delay of delivery