

Enhanced Fiber Food Powder

453 grams

Item Catalog Number: 01307

Fiber acts as a bulking agent in the stomach and intestine, which means you feel fuller and may eat less.1-5 Soluble fiber attracts water and forms a gel-like substance as it passes through the digestive tract. This slows digestion and lowers the rate of nutrient absorption, helping to maintain glucose and cholesterol levels that are already within the normal range.3-7

Insoluble fiber acts as a natural laxative that speeds the passage of foods through the stomach. When the non-digestible fibers reach the colon, anaerobic bacteria degrade them through fermentation. This process produces byproducts known as short-chain fatty acids, which help maintain proper acid/base balance in the colon and may be beneficial to healthy colonic mucosa function.

Low-fat diets rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer.8-10 Diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products that contain some types of dietary fiber, particularly soluble fiber, may reduce the risk of heart disease.11-13

Enhanced Fiber Food Powder provides natural, bulk-producing soluble fiber. These fibers help maintain healthy bowel function and help maintain cholesterol levels that are already within the normal range.28-34

Enhanced Fiber Food Powder helps clean the walls of the intestines and enhances the elimination of unwanted fecal byproducts.35-38

Added calcium enhances the fiber's fat-binding properties to carry excess fat out of the body, assisting in weight loss regimens by reducing calorie intake via fat.

References

Supplement Facts

Serving Size 1 scoop (approx. 7.5 grams)

Servings Per Container approximately 60

Amount Per Serving

Calories	7
Calories from Fat	1
Calories from Saturated Fat	0
Total Fat	0.2 g
Total Carbohydrate	4.9 g
Dietary Fiber	4.1 g
Soluble Fiber	4.0 g
Insoluble Fiber	0.1 g
Sugars	0.1 g
Other Carbohydrates	0.7 g
Vitamin B-12 (naturally occurring from guar gum)	5.2 mcg
Calcium (as calcium carbonate)	350 mg
Magnesium (as magnesium oxide)	100 mg
Potassium (as potassium citrate and from guar gum)	60 mg
Proprietary Enhanced Fiber Food Blend	4800 mg

Guar gum (*Cyamopsis tetragonolobus*) (seeds), Locust bean gum (*Ceratonia siliqua*) (seeds), Citrus pectin, Oat fiber, Gum acacia (*Acacia senegal*) (stems and branches)

Other ingredients: maltodextrin, natural color (lemonade), stevia (*Stevia rebaudiana*), cornstarch, medium chain triglycerides, natural flavors (vanilla, French vanilla, orange), dextrose, tricalcium phosphate, ascorbic acid, citric acid, silica.

Contains gluten, corn, sugar.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish, soybeans, tree nuts, wheat, yeast, or rice. Contains NO artificial sweeteners, flavors, or colors.

Dosage and Use

- About 5 to 10 minutes before a meal (especially a high-fat or high-carbohydrate meal), dissolve the contents of one scoop (7.5

grams) of Enhanced Fiber Food Powder into 8 to 10 ounces of cold water.

- Stir vigorously and drink immediately.
- Consider drinking additional water after.
- Enhanced Fiber Food Powder is not a beverage to sip. It should instead be consumed immediately after it is stirred into cold water. Do this only once a day for the first week or so.
- After your digestive system has adjusted to this fiber, try to use Enhanced Fiber Food Powder before most meals, especially heavy meals (more than 500 calories).

Note

If your diet is low in fiber, please begin by taking only half the normal dose [3.75 grams (½ scoop)] instead of 7.5 grams. These supplements are to be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

Caution

Fiber supplements should not be consumed within two hours of taking fat-soluble or oil-based supplements such as CoQ10, vitamins A, D, E and K, or prescription medication. To avoid the possibility of esophageal obstruction, always drink at least 10 ounces of water with fiber supplements, followed by another glass of water. Do not use if abdominal pain, nausea or vomiting is present, unless directed by your physician.

If you suffer from any kind of malnutrition, do not use this product. Taking this product without enough liquid can result in choking. Do not take this product if you have difficulty swallowing.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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