

## Nutrim

### **170 grams**

Item Catalog Number: 01035

Nutrim® is a taste-free, soluble oat bran fiber supplement made by concentrating oat bran's beta-glucan component in powder form using an all natural process. Beta-glucans help maintain healthy cholesterol levels for those already within normal range and promote a healthy, post-prandial glycemic response.<sup>25-29,31,32</sup> Beta-glucans are also an excellent source of low-glycemic carbohydrates. Low-glycemic foods have a slower and more sustained effect on blood sugar and energy levels than do high-glycemic foods, and also helps curb appetite.

By adding Nutrim® to you favorite foods, you have a greater opportunity to achieve beta-glucan's health benefits than you could with food alone. Imagine the effort it would take to eat three bowls of oatmeal a day. In fact, Nutrim® has 2 times the beta-glucans of oatmeal ounce for ounce!

## References

## Supplement Facts

Serving Size 1 scoop (7.5 grams)

Servings Per Container 22

### Amount Per Serving

Calories	26
Total fat	0.5 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	0 g
Total carbohydrates	5 g
Dietary fiber	1 g
Sugars	0 g
Protein	1 g

## Dosage and Use

- Sprinkle one or two scoops daily on any cereal or mix into water, skim milk or soup.

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