

## Fiber Food Caps

### 200 capsules

Item Catalog Number: 00229

#### Featured Video

Fiber acts as a bulking agent in the stomach and intestine, which means you feel fuller and may eat less.<sup>1-5</sup> 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.<sup>3-7</sup>

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.<sup>8-10</sup> 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.<sup>11-13</sup>

## References

## Supplement Facts

Serving Size 6 capsules

Servings Per Container 33

### Amount Per Serving

Total Carbohydrates	3.5 g
Dietary Fiber	3.4 g
Psyllium seed husks	2990 mg
Guar gum	875 mg
Apple pectin	875 mg

Other ingredients: gelatin, water, magnesium stearate.

Contains corn.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or rice. Contains NO artificial sweeteners, flavors, colors, or preservatives.

## Dosage and Use

- Take six capsules with each meal, or as recommended by a healthcare practitioner.

## 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.

## 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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