



FIBER

- Supports Bowel Regularity
- Helps With Occasional Constipation
- Supports Blood Sugar Balance
- Maintains Healthy Cholesterol Levels Already Within the Normal Range

This product is a natural fiber supplement containing a balanced ratio of soluble to insoluble fiber to help with occasional constipation and maintain long-term bowel regularity. The main ingredient in this product, psyllium husk, is one of the most widely used fibers in natural bulk laxatives. In addition to psyllium, this product includes flax seed for its balance of soluble and insoluble fiber, rice bran for its glycemic balancing effects, and pectin, a soluble fiber found in apples. Fig fruit and prune are also included because they contain natural compounds which act as mild colonic stimulants to relieve symptoms of occasional constipation.

Overview

Occasional constipation affects 15-20% of the United States population. It can be caused by stress, dehydration, or diet and lifestyle choices. The prevalence of refined sugars and carbohydrates in the modern diet, combined with the low presence of fiber, is linked to slowed bowel transit time and altered colonic environment. Dietary fiber, the indigestible part of plant foods, enables smooth bowel movements, prevents occasional constipation, and promotes healthy gastrointestinal (GI) microflora balance. Other effects of fiber depend on the type (soluble or insoluble).

Soluble Fiber†

Soluble fiber (viscous fiber) partially dissolves in water and forms a gel in the GI tract that slows the absorption of glucose, helping to maintain healthy blood sugar balance. It has also been shown to bind cholesterol in the GI tract, which helps maintain healthy cholesterol levels already within the normal range. Foods rich in soluble fiber include beans and other legumes (peas and lentils), oats, barley, citrus fruits (oranges, grapefruit), psyllium husk, and flax seed.

Insoluble Fiber†

Insoluble fiber does not dissolve in water. Substances found in insoluble fiber include cellulose, hemicellulose and lignin. These cell walls of plants are not digested and help maintain bowel health and regularity. Foods rich in insoluble fiber include whole grains and most dark green leafy vegetables, like cabbage and cauliflower.

Both types of fiber are necessary to maintain regularity and healthy bowel function. With the balanced ratio of soluble to insoluble fiber, this product is an ideal way to achieve greater fiber intake with a balanced profile that represents a healthy diet.

Fiber Depletion†

The daily recommended intake (DRI) for dietary fiber varies with gender and age, but the USDA recommends 38 g per day for males ages 19-50 and 25 g per day for females ages 19-50. Other health institutions recommend up to 50 g per day. The lack of adequate dietary fiber intake may lead to digestive challenges and skin concerns such as blotches and blemishes.

Psyllium Husk†

Several clinical trials have shown psyllium to be significantly effective as studied alongside laxatives.¹ Studies have also demonstrated psyllium husk can improve overall bowel regularity.^{2,3} Psyllium has been found to be effective at increasing stool output and was found to improve the symptoms of occasional constipation, increasing abdominal comfort and a sense of evacuation completeness while reducing defecation effort. A randomized controlled trial found psyllium to have a significant effect among those with bowel irregularity and discomfort. After three months, symptom severity in the psyllium group was reduced by 90 points, compared with 49



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in the placebo group.⁴ The laxative effect and gut-stimulatory effect of psyllium has been purported to be facilitated partially by muscarinic and 5-HT(4) receptor activation, which complements the laxative effect of psyllium's fiber content.⁴ In addition, studies have found that a 15 g dose of psyllium given three times per day before meals supports blood sugar and blood lipid levels already within normal levels.^{5,6}

Flax Seed†

Flax seed has a diverse and healthy profile of omega fatty acids, including omega-3 fatty acids from ALA, omega-6 fatty acids from linoleic acid and omega-9 fatty acids from oleic acid. This blend is unique in that it contains both alpha linolenic acid and linoleic acid in generous amounts. Both alpha linolenic acid and linoleic acid are considered essential fatty acids because they are required for human health but cannot be synthesized by the body. However, changes in the modern diet over the last century have led to a decrease in the general consumption of omega-3 fats and a dramatic increase in the dietary ratio of omega-6 to omega-3. Since omega-3 fatty acids are known to benefit cardiovascular health, support a healthy brain, and are proven to maintain a healthy inflammatory response, achieving the proper balance of omega-3s is an important health strategy, requiring supplementation for most people.⁷ Flax seed provides unique health benefits and supports individuals who need to increase their omega-3 intake.

Rice Bran†

In one animal study, daily consumption of rice bran, including water soluble rice bran and rice bran fiber concentrates, resulted in significantly enhanced blood sugar balance and fasting blood sugar, and lipid levels maintained in the normal range.⁸ The extracts of rice bran have also been found to support cardiovascular health, a balanced inflammatory response and a healthy colonic environment.⁹

Apple Pectin†

A meta-analysis of randomized controlled trials showed consumption of pectin promotes healthy blood fats and maintains cholesterol levels already within a normal range.¹⁰ Liver fat concentrations have been found to be lower in rats fed diets containing apple pectin. Fecal bile acid excretion was also found to be reduced, and sterol excretion significantly increased with the addition of pectin. Rats fed pectin-rich diets also had lower levels of certain blood fats than controls.¹¹

Fig (*Ficus carica*)†

The phytochemical properties of fig's laxative effect are due to the bulk of seeds and fibers.¹² In a double-blind, randomized

controlled study of 20 patients with occasional functional bowel irregularity, supplementation with fig fruit increased frequency, reduced defecation time, improved abdominal comfort and heightened a sense of complete evacuation. Fig fruit supplementation also improved the symptoms of occasional irregularity,¹³ and the fruit has also been shown to maintain bulk in those with loose stools.¹⁴

Prune (*Prunus domestica*)†

Prunes or dried prunes contain 6.1 g of dietary fiber per 100 g, as well as large amounts of phenolic compounds, which may aid in their efficacy for occasional constipation and glycemic support. The phenolic compounds in prunes have been found to inhibit oxidation of certain blood fat components in vitro, and thus may protect against oxidative damage. In addition, prunes have a high concentration of potassium and have been shown to support blood pressure and cardiovascular health.¹⁵ Another study found that consumption of prunes two times a day was effective in helping with occasional constipation in 40 subjects enrolled in an eight-week study.¹⁶

Directions

3 capsules per day with at least 8 oz of liquid or as recommended by your health care professional.

Does Not Contain

Gluten, yeast, artificial colors or flavors.

Cautions

If you are pregnant or nursing, consult your physician before taking this product. Without drinking enough liquid this product may swell in throat, causing blockage or choking. Do not use this product if you have ever had esophageal narrowing or swallowing difficulties. Seek immediate medical help if symptoms of esophageal blockage (chest pain/pressure, regurgitation or difficulty swallowing) occur. May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.



Supplement Facts^{v6}

Serving Size 3 Capsules
Servings Per Container 90

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
Soluble Fiber	1 g	**
Iron	0.38 mg	2%
Potassium	15 mg	<1%
Proprietary Blend	1.95 g	
Psyllium Husk Powder		**
Flaxseed Flour		**
Rice Bran		**
Apple Pectin		**
Fig		**
Prune		**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Hypromellose (Natural Vegetable Capsules), Magnesium Stearate, Ascorbyl Palmitate and Silicon Dioxide.

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