

# Fiber Blend

## Natural Mix of Soluble Fibers

### DESCRIPTION

Fiber Blend is an all-natural, tasteless, grit-free source of soluble fiber that dissolves completely and does not thicken when mixed with liquids. Fiber Blend provides additional fiber in the diet to practically any food without changing its texture or flavor.

### FUNCTIONS

The average American consumes less than one-third of the recommended dietary fiber intake. The American Dietetic Association recommends 25-35 grams of total dietary fiber per day. Fiber is an important component of digestive health and elimination. There are two basic categories of fiber: Insoluble fiber, so-called because it doesn't dissolve readily in water, and soluble fiber that forms a gelatinous, viscous substance when mixed with water. Insoluble fibers are metabolically inert. Through their ability to absorb water, insoluble fiber acts as a bulking agent and eases defecation. Soluble fiber, however, appears to have multiple benefits. Studies show soluble fiber helps support healthy cholesterol and triglyceride levels as well as normal, healthy blood sugar levels. Other benefits include regulating normal bowel function and improving the microflora in the digestive tract, which may help to support intestinal and immune health.

### INDICATIONS

Fiber Blend provides 3 grams of soluble fiber per serving and is a convenient way to ensure you meet your daily intake for dietary fiber. Fiber Blend uses the patented SunFiber® derived from partially hydrolyzed guar gum. SunFiber has been used in numerous clinical studies.

### SUGGESTED USE

As a dietary supplement, adults take three (3) capsules with at least eight (8) ounces of water twice daily. The capsules may also be pulled apart, if desired, and the contents stirred into eight (8) ounces of water or juice.

### FORMULA (WW #10060)

#### Three Capsules Provide:

Dietary Fiber ..... 0.5 gm  
Proprietary Blend ..... 1.5 gm  
Glucomannan, Carrot Root, Celery Stalk and Leaves,  
Citrus Pectin, Apple Pectin, Sodium Alginate, Slippery  
Elm Bark

Other Ingredients: gelatin (capsule), cellulose, water, and magnesium stearate.

The Fiber Blend contains a grain-free blend of dietary fiber components including cellulose, pectic substitutes, mucilages, algal polysaccharides, lignin, and other naturally occurring fiber related substances.

### SIDE EFFECTS

Warning: This product contains lead, a chemical known to the state of California to cause birth defects and other reproductive harm.

This product is generally considered safe.

### STORAGE

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Keep out of reach of children.

### REFERENCES

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- Parisi, G, et al. Treatment effects of partially hydrolyzed guar gum on symptoms and quality of life of patients with irritable bowel syndrome. A multicenter randomized open trial. *Dig. Dis. Sci.*, 50, pp1107-1112, 2005.
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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.