

**Fit 'n Fiber** delivers 10 grams of total fiber in each serving. Fitting in this fiber as a supplemental part of your nutritional intake delivers nutrition that works not only for you and your health but for the growth and beneficial output of the good bacteria in your microbiota.



## The Prebiotic Concept

In 1995, the concept of prebiotics was initially introduced and essentially defined as a nondigestible food ingredient that stimulates the growth and activity of gut bacteria, which



acacia gum



guar gum derived from guar beans

improve the health of their host.

Fit 'n Fiber contains three types of prebiotics from acacia, guar gum and konjac fiber.



konjac

Each serving of this fiber supplement provides 8 grams of prebiotic fiber that nourishes good bacteria.

By increasing both your soluble and insoluble fiber intake, **Fit 'n Fiber** supports digestive health, promotes regularity and supports weight management.

## 6 Health Benefits of Prebiotic Fiber

1. Increases in *Bifidobacteria* and *Lactobacilli*
2. Production of beneficial metabolites
3. Increases in calcium absorption
4. Decreases in protein fermentation
5. Effects on gut barrier permeability
6. Improved immune system defense

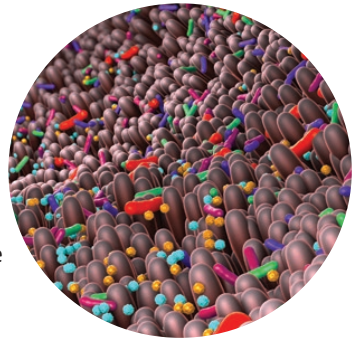


Fit 'n Fiber pairs up with FloraFood as food for your body's flora: **good bacteria**

Source: *Current Developments in Nutrition*  
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# Fiber: The Overlooked Nutrient

Before the 1970s, fiber was not considered to be an important part of daily food intake, mainly because it is not digested. Of course, opinions change over time, especially when the incredible health benefits of fiber were recognized. Today, fiber is also known to be a healthy nutrient for the microbiota, feeding the good bacteria that keep you healthy.



## Some Fit 'n Fiber Benefits:

- Increases fiber intake
- Supports digestive health
- Provides soluble and insoluble fiber
- Promotes regular bowel movements
- Helps in achieving weight management goals
- Maintains good gut bacteria with nourishing food

Fiber is the material in plants that is **not** digested by your body.

One type of fiber is **insoluble**, meaning it moves through your digestive tract like a brush that scrubs the intestinal walls and softens stools for easy elimination.

The second type of fiber is **soluble**, which dissolves in water and turns into a gel-like substance that regulates blood sugar, cholesterol and inhibits the absorption of substances that are harmful to your body.

Taking **Fit 'n Fiber** with **FloraFood** is a nourishing move for you and your microbiota.

Each serving of **Fit 'n Fiber** feeds good bacteria with **8 grams** of prebiotic fiber.

## Biotic: Pre & Pro

The word *biotic* relates to life and living organisms.

<b>Probiotic</b> signifies the good bacteria in your microbiota.	<b>FloraFood</b> is a <b>probiotic</b> formula that adds 3 billion live cells of healthy microorganisms to repopulate your good gut bacteria.
<b>Prebiotic</b> refers to the food that feeds the good bacteria in your gut.	<b>Fit 'n Fiber</b> is an everyday supplement that delivers 3 types of probiotic-feeding, <b>prebiotic</b> fiber: acacia, konjac and guar gum.



## Fit 'n Fiber

fits into everyday life as a supplemental source of fiber

psyllium

apple

flaxseed

oat

**acacia**

**konjac**

**guar gum**

includes **8 grams of prebiotic fiber** per serving

### herbs

- dandelion root
- bitter melon fruit
- ginger root
- artichoke leaf extract

### a high-fiber intake helps:

- ✓ promote regular bowel movements
- ✓ support digestive health
- ✓ maintain healthy cholesterol levels
- ✓ regulate blood sugar
- ✓ achieve and maintain ideal body weight

### why weight?

adding Fit 'n Fiber to your daily nutritional intake reinforces weight management goals with filling, low-calorie, peach-flavored beverages



Recommended daily dietary fiber intake:

**25-38 grams**

Research reveals fiber deficiency is related to many health issues.



[bit.ly/DiseaseRiskLF](https://bit.ly/DiseaseRiskLF)

**FIBER** is a type of carbohydrate that passes through the body undigested in two forms: **soluble** and **insoluble**. Fit 'n Fiber contains both forms of fiber that help to keep a body healthy.

# Fiber FACToids

- Insoluble fiber can absorb water and keeps you fuller, longer.
- Insoluble fiber can help make waste easier to pass.
- Symptoms of low-fiber intake include weight gain, constipation, blood sugar fluctuations and fatigue.
- Soluble fiber helps maintain healthy cholesterol levels.
- Fiber may help your body remove the carcinogens in cooked meat.
- Consuming a high-fiber diet may improve mineral absorption.
- Research has shown that people with high-fiber diets increase their survival rates by 22%.

Fiber Source	Calories	Total Dietary Fiber (g)	Sugar (g)
Fit 'n Fiber 16 g serving w/water	10	10	2
Apple (3" dia.) <small>Note: apple fiber assists in its sugar absorption</small>	95	4.4	18.9
Celery 1 stalk, 11 inches long	10	1	1.2
Cold Cereal 28 g serving (no milk)	103	2.8	1.1
Instant Oatmeal Raisin & Spice, single pkt.	162	2.6	15.7
Oat Bran Muffin Medium, 113 g	305	5.2	9.3
Psyllium Fiber Supplement 5.8 g serving w/water, orange	20	3	0