

Herbal Fiberblend



Herbal Fiberblend's Combination of Psyllium and Herbs Helps:

- maintain digestive health
- cleanse the colon and remove toxins
- promote regularity and a thorough evacuation of waste
- maintain healthy blood sugar and cholesterol levels by increasing soluble fiber intake
- reduce hunger pangs between meals



Did you know ... ?

Since ancient times, psyllium (*Plantago ovata*) has been used in India and China for a variety of ailments, including constipation and diarrhea. Near the end of the twentieth century in North

America, psyllium gained prominence as a fiber supplement. The seeds of the plant are covered in fiber-rich husks, which are removed in flat-stone mills that crush the seeds to separate the fibrous coating. Psyllium husks provide a super source of supplemental fiber. bit.ly/PsylliumFacts



Fiber is one of the dietary nutrients required for good health, yet it is associated with underconsumption due to low intakes of vegetables, fruit and whole grains. bit.ly/FiberDeficiency

Each 7-gram serving of Herbal Fiberblend Raspberry or Unflavored powder provides 5 grams of fiber to supplement your intake of this important nutrient. Herbal Fiberblend Capsules provides 3 grams of fiber per serving.



Cleansing Herbs

The USA & Canada formulations contain:

Hibiscus
Alfalfa

Shavegrass (Horsetail)

Rose Hips (Dog Rose)

Pumpkin Seed
(Butternut squash seed)

Irish Moss

Marshmallow

Passionflower

Capsicum (Cayenne Pepper)

Mullein

Slippery Elm

Violet

Witch Hazel

In addition, the USA formulation contains:

Yucca, Black Walnut, Oatstraw, Licorice and Cascara Sagrada*

* Canadian Members can take Herbal Release for a source of Cascara Sagrada

Herbal Fiberblend's main source of fiber is **psyllium**, providing both types of fiber:

Soluble fiber becomes gel-like, slowing both digestion and the absorption of blood sugar.

Insoluble fiber bulks up stool, providing an intestinal-wall scrubber.



The herbal blend includes:

Violet leaves that contain unique compounds known as cyclotides, which help to expel parasites

Capsicum, aka cayenne pepper, that provides an inflammation-inhibiting neuropeptide called capsaicin

Several herbs that have a laxative effect to promote regular bowel movements



How Many Times Should You Go?

The most recent study suggests that the “normal” number of bowel movements ranges from 3 per day to at least 3 per week.¹ Going once a day at a usual time may be your normal. The healthy key is to be regularly eliminating waste from your body to keep the intestinal tract clean and toxin-free.

Fiber Intake: Hit or Miss

Even though fiber is a fundamental nutrient for maintaining good health, most people miss the recommended intake by a long shot. Instead of the 21 to 38 grams daily—depending on age and gender—the average fiber intake is between 10 – 15 grams.² Taking Herbal Fiberblend helps to hit the targeted amount so that you don't miss out on the essential health benefits of fiber.



¹bit.ly/BM-Frequency

²bit.ly/F-Intake

Benefits of **Cleansing** Your **Digestive Tract**

- Improves Energy
- Improves Mood
- Helps with Weight Loss
- Improves Overall Health
- Increases the Body's Ability to Absorb Nutrients
- Maintains Regularity



Labels and formula may vary in each country.

How Passion Flower Aids Digestion

Stress can disrupt gut motility. Someone who feels rushed or anxious may not be pushing properly during those delicate moments alone, leading to trouble with constipation. Passionflower has been shown to relieve stress, thus helping the body to perform properly in those cases. Passionflower works synergistically with the other herbs in Herbal Fiberblend to provide great results.



Most **women and adolescent girls** should get about **25 grams** of total fiber a day— soluble and insoluble combined.

Women aged 50 and older should get **21 grams** of daily fiber.

Most **men and teenage boys** need **38 grams** of daily fiber.

Men aged 50 and older should get about **30 grams** a day.

Children **4 to 8 years of age** should get **25 grams** of fiber a day.

Toddlers **1 to 3 years of age** should get **19 grams** of daily fiber.

Herbal Fiberblend

a natural, cleansing formula

Ingredient and **Properties**

Alfalfa, aerial parts • *Anti-inflammatory*

Black Walnut, hulls • *Anti-inflammatory*

Capsicum, fruit • *Anti-inflammatory*

Cascara Sagrada, fruit • *Peristaltic* • *Laxative*

Irish Moss, dried thallus • *Anti-inflammatory*

• *Laxative*

Licorice, root • *Anti-inflammatory*

Marshmallow, root • *Anti-inflammatory*

• *Vermifuge* (expels intestinal worms) • *Laxative*

Mullein, leaves • *Diuretic* • *Anti-inflammatory*

Oatstraw, straw • *Diuretic* • *Anti-inflammatory*

Passion Flower, aerial parts • *Digestive*

• *Anti-inflammatory*

Pumpkin, seed • *Vermifuge* • *Antioxidant*

• *Diuretic* • *Anti-inflammatory*

Psyllium, seed husk • *Peristaltic*

• *Laxative*

Rose Hips, fruit • *Anti-inflammatory*

• *Antioxidant* • *Vermifuge*

Senna (capsules only), leaves

• *Laxative*

Shavegrass, leaves • *Antioxidant*

Slippery Elm, bark • *Antioxidant*

• *Vermifuge* • *Laxative*

Hibiscus, flower • *Peristaltic* • *Laxative*

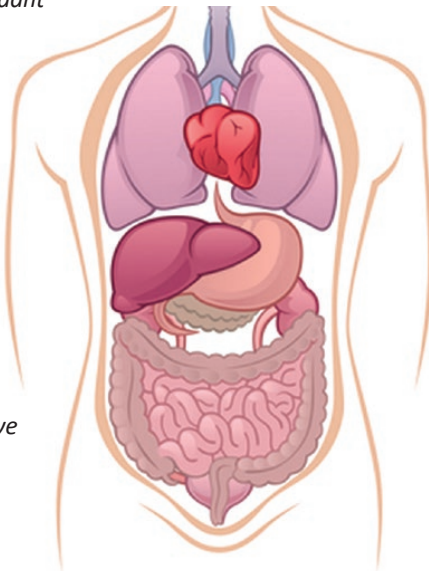
Violet, leaves • *Anti-inflammatory*

• *Vermifuge* • *Laxative*

Witch Hazel, leaves • *Antioxidant*

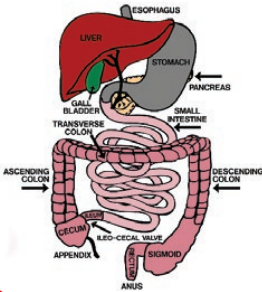
• *Anti-inflammatory*

Yucca, root • *Laxative*





“In view of the fact that [average] dietary fiber intake in the United States is currently only 15 grams per day (approximately half the American Heart Association recommendation of 25-30 grams per day), efforts to increase dietary fiber in individuals consuming less than 25 grams per day may help to **decrease the currently high national prevalence of obesity.**” —*Nutrition Review*



Food traveling the digestive system

It takes three days for food to travel through the body of a healthy adult. It takes ten days if you're constipated, and two weeks if you're elderly. The longer it takes for food to pass through the bowel, the greater your risk for developing digestive ailments.

Hippocrates, considered by many to be the “**Father of Medicine**,” argued that people should eat bran to keep their intestines healthy.

This was in the fourth century B.C!



Cascara sagrada:

A deciduous tree native to the Pacific Northwest that can be found in forests ranging from northern California to British Columbia. The bark is aged and then ground into a powder before used in commercial blends. Cascara sagrada has been tested in a number of clinical trials for its value in thorough, yet gentle cleansing of the colon.

What Causes Constipation?

Not going when you feel the urge

Not enough fluids

Change in routine

Mental stress

Some medications

Lack of fiber

