

NutriDyn®

Fiber

Prebiotic Fiber for Overall Health*

Fiber Supplementation

Fiber is a delicious prebiotic formula designed to support intestinal health, aid in weight management, and promote blood glucose levels already in the normal range and a healthy lipid profile.*^{1,2} Prebiotic fiber feeds the beneficial bacteria (probiotics) living in the gut to support healthy immune and digestive tract function.*³

Key benefits and quality differences of Fiber:

- Prebiotic support for balanced probiotics*
- Promotes healthy lipid profile*
- Supports weight management efforts*
- Supports blood glucose already in the normal range*
- Supports healthy immune response*
- Promotes gentle and effective waste elimination*

How Fiber Works

Prebiotics are non-digestible dietary fibers that stimulate the increase of good bacteria in the gut and promote a host of health benefits.*⁴ Fiber contains prebiotic fiber sources with potent antioxidant properties that play a key physiological role in supporting the increased production of short-chain fatty acids and promoting a healthy environment for beneficial gastrointestinal microflora to thrive.*^{5,6}

The prebiotic fiber in rice bran powder, fructooligosaccharides, psyllium husk powder, chicory root extract, apple pectin powder, and oat bran powder are combined in an easy-to-digest drink mix to provide maximum water-soluble intestinal support.*

The GI Blend in Fiber contains fructooligosaccharides, psyllium husk powder, rice bran powder, chicory root extract, apple pectin powder, and oat bran powder. Clinical evidence demonstrates that each of these fibers has prebiotic effects on the gut microflora.*^{4,6}

Bioactive psyllium husk powder is an excellent dietary source of soluble and insoluble prebiotic fiber for supporting healthy waste elimination, promoting satiety, and nutrient absorption for managing weight.*^{7,8,9,10}

Rice bran powder, apple fruit powder, and oat bran powder are polyphenolic compounds known for their antioxidant properties.*^{11,12,13,14} Clinical research demonstrates that the prebiotic fiber in each supports healthy weight management, waste elimination, and lipid profiles.*^{13,15}



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



cGMP FACILITY

For more information, visit: www.nutridyn.com

Why Use Fiber?

Fiber is the ideal blend of prebiotic fibers to promote healthy waste elimination and balanced beneficial gut bacteria.♦
Prebiotic fiber plays a significant role in physiological functions necessary for promoting a healthy gastrointestinal tract.♦

Supplement Facts

BERRY

Serving Size: About 1 Scoop (13.33 g)

Servings Per Container: About 30

	Amount Per Serving	%DV*
Calories	35	
Total Carbohydrate	8 g	3%*
Dietary Fiber	6 g	21%*
Total Sugar	<1 g	**
Protein	<1 g	
GI Blend	12.8 g	**
Stabilized Rice Bran Powder	6 g	**
Fructooligosaccharides (FOS) (gofos™)	2.5 g	**
Psyllium Husk Powder	2.2 g	**
Chicory Root Extract	1.1 g	**
Apple Pectin Powder	500 mg	**
Oat Bran Powder	500 mg	**

Other Ingredients: Silica, Natural Flavors.

Directions: Adults mix 1 scoop in 10-12 ounces of water once daily as a dietary supplement or as directed by your healthcare practitioner.

Caution: If pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children. This product should be taken with at least 10 ounces of water. Taking this product without enough liquid may cause choking. Do not use this product if you have difficulty swallowing.

References:

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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.

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