



Fibre Plus

A natural solution for body waste cleanse

**Soluble and
insoluble
fibre blend**



This high fibre nutritional formula is derived from **psyllium husks** and seeds, **flaxseed**, **prune juice**, **fig** fruit and other high-fibre foods and herbs.

This tailored combination will provide the user with **513mg per capsule** of dietary fibre, which is essential for maintaining a healthy digestive system, bowel regularity and digestive transit and is a key ingredient to a healthy, varied and balanced diet

The combination of insoluble and soluble fibre is **more than just roughage** - it provides cellulose, pectin, hemicellulose, lignin and gums, which have been shown to have a beneficial effect on **healthy digestive function, bowel regularity** and **cholesterol levels** when taken as part of a low-fat diet.

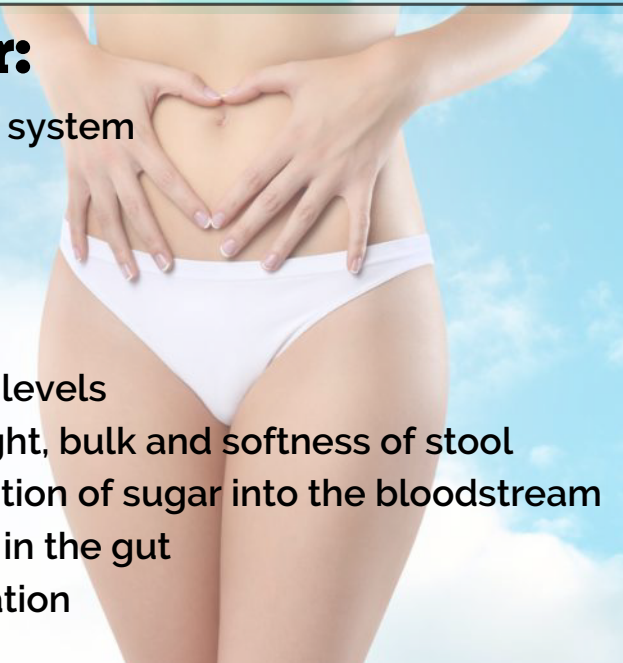
There is also a well established link between **constipation** and a low-fibre diet.

High multi-fibre blend in capsules

A unique combination that is more than just roughage

Beneficial for:

- A healthy digestive system
- Bowel regularity
- Constipation
- Cholesterol levels
- Digestive transit
- Increasing nutrient levels
- Increasing the weight, bulk and softness of stool
- Slowing the absorption of sugar into the bloodstream
- Binding with toxins in the gut
- Reducing inflammation



About the ingredients...

Psyllium husk and seeds: Psyllium is a leafy-stemmed Eurasian plantain, the husks and seeds of which are used as a **laxative** and **bulking agent** in the treatment of constipation and, in some cases, **obesity**.

Psyllium is naturally rich in **dietary fibre**, providing the extra fibre that so many people need in order to maintain **regular and healthy bowels**.

Psyllium husk is a water absorbing / retention fibre, which gives **bulk to stools** by absorbing water - as much as **20 times its own weight!** This gives the bowel wall something to work on and lets it push matter through smoothly and quickly via peristalsis.

Fibre also stimulates **natural bacteria in the bowel**. When water is added to psyllium husks, a soft gel is formed, which helps the unwanted matter in the colon (constipation) to move through smoothly, with no straining or discomfort, known as colon cleansing.

Flaxseed powder: Flaxseed is one of the best sources of **Omega 3 fatty acids**, a type of "**good fat**" that is generally missing from the Western diet. These acids can help to **lower high cholesterol** and **high blood pressure**, reduce elevated triglyceride levels and help to prevent blood clots.

They can also lower elevated blood levels of the protein **homocysteine**, believed to be a major risk factor for heart disease.

Flaxseed is also a rich source of **lignans**, a type of fibre that is changed by friendly bacteria in the gut into compounds that help to fight against disease. Lignans also modulate hormone levels and relieve some of the symptoms often associated with menopause.

Flaxseed contains a natural **antioxidant**, which is thought to help muscles recover more quickly and has an **anti-inflammatory effect** that can help to reduce muscle soreness.

Fenugreek powder: Fenugreek (*Trigonella foenum-graecum*) is a bitter, medicinal herb that is loaded with **antioxidants** and has **laxative** and **anti-parasitic** effects.

It also increases milk flow, stimulates the uterus, soothes irritated tissues, lowers fever, reduces blood sugar, **improves digestion** and promotes healing. It **stimulates the immune system** and **aids in removal of toxins** from the body through the lymph nodes.

The seeds (Methi), in particular, are rich in lipids, protein, protease inhibitors, alkaloids, mucilaginous fiber, phosphorus, iron, calcium, niacin, vitamin C, selenium and various other nutrients. They have stimulant, anti-parasitic, **anti-inflammatory**, aphrodisiac, **expectorant**, **laxative**, hepatoprotective and diaphoretic properties.

Plus, it is believed that the seeds **reduce fatty tissues**, thereby aiding in natural weight loss.

Apple pectin: Apples are a rich source of pectin: a naturally-occurring carbohydrate. Pectin is particularly good at helping to **lower blood cholesterol levels**.

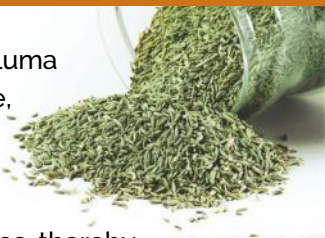
The liver pumps excess cholesterol into the bile, which then enters the intestines. If pectin is present in the intestines, it will bind with the cholesterol and take it out of the body. Pectin also changes into galacturonic acid, which can combine with **heavy metals** (such as lead and mercury) and certain radio active materials in the gut and take them out of the body.

For people who are prone to constipation, pectin can provide a gentle form of fibre, which acts as a **bulk laxative** and **mops up toxins** that enter the intestines.



About the ingredients cont...

Fennel seed powder: Fennel (*Foeniculum vulgare*) is a plant species in the genus *Foeniculum* and is a highly aromatic and flavourful herb with both culinary and medicinal uses. For example, it can be used as an effective **diuretic** and as a potential treatment for hypertension. It contains **anethole** (a type of aromatic compound that occurs widely in natural essential oils), which can explain some of its health benefits. It also has **carminative** properties; in other words it prevents the formation of gas in the gastrointestinal tract or facilitates the expulsion of that gas, thereby combating **flatulence**. It can also **relax the intestines** and **reduce bloating** caused by digestive disorders.



Rhubarb extract: Rhubarb is widely used as part of colon cleansing programmes, because it contains the following active ingredients: anthraquinones, emodin, tannins, flavonoids (including rutin) and several polyphenols. Rhubarb is a strong herbal laxative, astringent-bitter, gastric stimulant, anti-inflammatory, stomach tonic and antiseptic. It is also used for disorders of the liver, gallbladder and stomach.



Prune juice extract: Prunes and their juice contain **mild laxatives**, including phenolic compounds and a number of different sugars like sucrose, fructose and sorbitol that help in drawing fluid into the intestines, thus helping the passage of **waste out of the body**. Research has shown that prune juice greatly helps in increasing the volume of fluid that remains in the waste passing through the intestine, while also causing contractions that **aid bowel movement**. Sorbitol, in particular, metabolises slowly to support **healthy digestive processes**. Prunes also contain high levels of **antioxidants** and **dietary fibre** (about 6% or 0.06g per gram of prune) and are therefore well-known for their contribution to the maintenance of a healthy bowel and alleviating **constipation**.



Broccoli powder: Broccoli is a rich source of carbohydrates, including **dietary fibre**. It therefore acts to support the **digestive system**, **bowel regularity** and **stable blood sugar levels**. It contains **other essential nutrients** like vitamin A, B vitamins, vitamin C, vitamin K, folate, magnesium, calcium and diindolylmethane - a potent modulator of the innate **immune response** system with **anti-viral** and **anti-bacterial** activity. As a cruciferous vegetable, broccoli is also **high in natural organic sulphur**, which is needed by the liver to carry out its **detoxification** processes. Sulphur-containing amino acids (such as taurine and cysteine) are necessary for the production of bile. It is important not to have sluggish bile flow, because this is a major exit route for toxins that the liver has broken down.



Carrot powder: The carrot gets its characteristic and bright orange colour from **β-carotene**, which is metabolised into vitamin A in humans when bile salts are present in the intestines. Carrots are also rich in **dietary fibre**, **antioxidants**, **minerals**, **essential enzymes** and **vitamins**, including vitamin B1, vitamin B2, vitamin B6, vitamin C, vitamin K, biotin, potassium and thiamine. Carrots also contain **lignin** (which helps to strengthen the immune system) and **folic acid** (which helps to fight against harmful free radicals).



Fig fruit extract: Figs are one of the highest plant sources of **calcium**, **fibre**, copper, manganese, magnesium, potassium and vitamin K. They also have smaller amounts of many other nutrients. Figs have a **laxative effect** and contain many **antioxidants**. They are a good source of **flavonoids** and **polyphenols**, including **gallic acid**, chlorogenic acid, syringic acid, (+)-catechin, (-)-epicatechin and rutin. Figs contain **pectin** and are a good source of the indigestible food fibre **lignin**, which retains water and helps **bulk up the stool**. Figs also contain **ficin**, a protein-breaking enzyme similar to papain in papaya and bromelain in pineapple. Together, pectin, lignin and ficin make figs a **highly efficient laxative food**.

