

Fibre Clear

PRODUCT INFORMATION

WHAT IS FIBRE CLEAR?

Fibre Clear is a natural source of dietary fibre that helps you to achieve the recommended daily intake of 30 – 40 grams per day. Made with 100% organic acacia fibre, it provides 10g of fibre per serving. As well as its properties as a fibre supplement, acacia fibre is also a 'prebiotic'. Prebiotics help promote the colonization of healthy bacteria (flora) in the intestinal tract.



HOW IT WORKS

Fibre Clear is 100% organic acacia fibre. Acacia fibre is a soluble organic fibre which comes from the gum of the Acacia tree. Acacia Fibre is a natural product of the Acacia tree which bleeds sap from its trunk and branches. It is normally collected by hand when dried, when it resembles a hard, amber-like resin normally referred to as 'tears'. This makes it a completely sustainable method. Acacia is a complex polysaccharide, primarily indigestible to both humans and animals and is not degraded in the intestine.

Acacia is high in soluble fibre, but yields little to no gastrointestinal side effects. Some soluble fibres, such as inulin, can cause gas and bloating. Acacia fibre works like a 'sponge' to absorb toxins and excess cholesterol. It also works to help control blood sugar levels in the body. Soluble fibre breaks down as it passes through the digestive tract, forming a gel that traps toxins for removal from the body. It also absorbs excess cholesterol, which is helpful in lowering the risk of heart disease as it reduces the absorption of cholesterol into the bloodstream. Studies show that people on high-fibre diets have lower total cholesterol levels and may be less likely to form harmful blood clots than those who consume less fibre.

Soluble fibre is also considered helpful for people with diabetes (both Type I and Type II). Soluble fibre helps control blood sugar by delaying emptying of the stomach. This slows the entry of glucose into the bloodstream and lessens the post-meal rise in blood sugar.

Fibre Clear is the easy, no fuss way to increase the amount of fibre in your diet by adding it to your favourite foods. It can be added to any liquid or soft food and once mixed well, it dissolves completely!

DIRECTIONS FOR USE

Mix two level scoops (10g) into 250-500 ml of liquid or soft food. Mix until dissolved. Fibre Clear dissolves best in liquids that are room temperature or warmer, and if shaken for 20 seconds (use shaker cup).

WHAT TO EXPECT

Fibre Clear can have a range of effects in the body including the regulation of the transit time of food through the digestive tract. It also helps to increase stool volume, normalizes blood sugar levels, maintains healthy cholesterol levels, reduces the risk of chronic disease and increases colonization of beneficial bacteria.

ADVANCED *Naturals*

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INGREDIENTS

FIBRE CLEAR

100% organic acacia fibre (Acacia senegal)

Fibre Clear

Each Serving (10g) Contains

Organic Acacia Fibre (Acacia senegal)
.....10,000mg

Important Nutritional Information (per serving)

Calories35
Carbohydrates9.5g
Fibre9.5g
Total Fat0g
Sugars0g
All carbohydrates are from fibre.

Non-medicinal Ingredients: None

Contains no dairy, wheat, gluten, sugar, salt, soy, corn, yeast, animal products, additives or preservatives.

Directions: Mix two level scoops (10g) into 250ml - 500ml of liquid or soft food. In liquid, dissolves best if shaken for 20 seconds (use shaker cup).

Warning: Do not consume this product if you have difficulty swallowing. Do not use this product if you have acute cough or obstructed bowel. Not recommended for carbonated beverages. Keep out of reach of children.

No refrigeration required. Store in a cool, dry place.

REFERENCES

Canadian Diabetes Association. The Benefits of Eating Fibre [Internet]. [cited 2010, Aug 27]. Available from: <http://www.diabetes.ca/diabetes-and-you/nutrition/fibre/>

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