

# BioFiber™ Complete

## A Complete Whole Food Fiber Supplement

- 10 sources of fiber
- Over 70% Organic
- Gluten Free
- Phytate Free
- High Antioxidant Capacity
- High in Phytonutrients (Sulfurophanes)
- A Good Balance of Soluble and Insoluble Fibers
- Mixes Well
- Tastes Great!

**BioFiber™ Complete** is a complete fiber supplement that contains a combination of fibers derived from whole seeds, fruits, vegetables and roots, designed to upregulate the health of the microbiome.

While most fiber products contain only extracted fibers, **BioFiber™ Complete** provides healthy fats and protein, which complement the soluble and insoluble fibers in regenerating the health of the microbiome.

Although fiber is an essential nutrient, most Americans fall short of the recommended 25 grams (women) to 38 grams (men) per day (or 14 grams for every 1,000 calories). Dietary fiber not only provides a sense of fullness after meals and promoting healthy weight, it helps support the maintenance of healthy cholesterol



levels, increases stool bulk and bowel transit time. It also helps keep glucose within a healthy range.

Insoluble fiber may stimulate receptors on the stomach/intestinal wall by increasing CCK (the satiety neurotransmitter) or reducing ghrelin, the hunger hormone. One study reported that 14 g/day of fiber added to an unrestricted diet was associated with an average body weight loss of four pounds after four months.<sup>(1)</sup>

In addition, research is pointing to new mechanisms of action by which a diet high in fiber fosters overall health; the digestion of fiber by the gut bacteria creates metabolites that act as signaling molecules in the regulation of appetite, body weight and glucose metabolism.<sup>(2)</sup> Fibers can be converted by friendly



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intestinal bacteria to short-chain fatty acids (SCFA), which can nourish the intestinal cells and help maintain proper colon pH, helping restore microbial balance.

Fiber supports healthy blood sugar levels, as well. By delaying stomach emptying and the passage of food in the upper part of the intestine, both the total amount of glucose and the rate at which it is absorbed is lowered. Since insulin response is proportional to the rate at which glucose appears in the bloodstream, average insulin levels and total insulin output are lowered by fiber consumption.

Apple pectin has been heavily studied for its ability to slow down gastric emptying (great for people who are hungry all the time), aid weight loss, supports healthy LDL cholesterol and triglycerides, and healthy blood sugar levels.<sup>(3)</sup>

Everyone can benefit from **BioFiber™ Complete**. This nutrient-dense formula features concentrates from “superfoods” known to provide phytonutrients and antioxidants that play important roles in optimizing health. Because the modern diet is deficient in fiber, most Americans only average about 15g per day. One serving of **BioFiber™ Complete** provides 5 g of fiber – 1.5 g soluble and 3.5 g insoluble (30% soluble and 70% insoluble), a healthy boost to any diet.

## References

1. Howarth NC, Saltzman E. Dietary fiber and weight regulation. *Nutr Rev.* 2001 May;59(5):129-39.
2. Muralidharan, Galiè, Hernández-Alonso, Bulló, Salas-Salvadó. Plant-Based Fat, Dietary Patterns Rich in Vegetable Fat and Gut Microbiota Modulation. *Frontiers in Nutrition* . October 2019|Volume 6|Article 157.
3. Poynard T, Slama G, Tchobroutsky G. Reduction of post-prandial insulin needs by pectin as assessed by the artificial pancreas in insulin-dependent diabetics. *Diabete Metab.* 1982 Sep;8(3):187-9.

**BioFiber Complete™** is available in a 450 g bottle (#6440).

Nutrition Facts	
30 servings per container	
Serving Size 15g (approx. 1 scoop)	
Amount Per Serving	
Calories 70	
	% Daily Value†
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 1g	
Sodium 0mg	0%
Total Carbohydrates 5g	2%
Dietary Fiber 5g	18%
Protein 3g	6%
<small>Not a significant source of cholesterol, total sugars, added sugars, vitamin D, calcium, iron, and potassium.</small>	
<small>† The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Ingredients:** Organic flax seed, organic broccoli sprout, organic kale sprout, chia seed fiber, fenugreek seed fiber, non-GM sugar beet fiber, bamboo fiber, acai berry extract, apple fiber, and apple pectin.

**This product is gluten, dairy and GMO free.**

**RECOMMENDATION:** One (1) scoop of **BioFiber Complete** mixed with eight (8) ounces of cool water (or the beverage of your choice). Add product to the liquid for ease of mixing.

### KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area. Sealed with an imprinted safety seal for your protection.

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To place your order for **BioFiber Complete™** or for additional information please contact us below.



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