Fiber Support

Clinical Applications
- Promotes Bowel Regularity*
- Helps Maintain Healthy Intestinal Function*
- Supports Cardiovascular Health*

Be Well Stay Well Age Well

Fiber Support is a pleasant-tasting, easily mixed fiber formula for the relief of occasional constipation, the promotion of bowel regularity, and the maintenance of healthy intestinal function. Consume adequate amounts of fluid with this formula and throughout the day to maintain bowel regularity. Fiber Support supports heart health and helps maintain cholesterol levels already within the normal range.*

All Phillips Clinic Formulas Meet or Exceed cGMP Quality Standards

Discussion

Fiber Support is a blend of soluble and insoluble fibers with beta-carotene and vitamins C and E. Recognizing the strong evidence in favor of the healthful effects of dietary fibers, in May 2006 the FDA approved a label claim that diets low in saturated fats and containing adequate fiber reduce the risk of heart disease and certain cancers.*[1]

In a randomized, controlled, single-blind, crossover study, increased insoluble dietary fiber intake for three days significantly improved whole-body insulin sensitivity.[2] A prospective Japanese two-year collaborative cohort study with 43,115 men and women between the ages of 40 and 79 supported potential protective effects of dietary fiber against colorectal cancer, mainly against colon cancer.*[3]

Among the significant number of ingredients contributing to the 8 g/serving content of Fiber Support are guar gum, a water-soluble fiber from ground endosperm of the seeds from Cyamopsis tetragonoloba (L.) Taub. Guar gum possesses laxative properties that stimulate the removal of waste and toxins and encourage colon health. Oat fiber, another soluble fiber, has a beneficial effect on cardiovascular lipid risk-factor profile. This may be due in part to its viscosity, similar to guar gum.[4] Fenugreek fiber was shown to mediate blood sugar metabolism by inhibiting carbohydrate digestion and absorption, which enhanced peripheral insulin action.[5] Citrus pectin, a soluble fiber, is known to stimulate cecal production of short-chain fatty acids (SCFAs) and has been shown to also stimulate protein synthesis in the intestines.[6] Cellulose also stimulates SCFA production.*

*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.
**Supplement Facts**

<table>
<thead>
<tr>
<th></th>
<th>Amount Per Serving</th>
<th>% Daily Value†</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>50</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>12 g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>8 g</td>
<td>32%</td>
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<tr>
<td>Soluble Fiber</td>
<td>3 g</td>
<td>**</td>
</tr>
<tr>
<td>Sugars</td>
<td>4 g</td>
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</tr>
<tr>
<td>Vitamin A (as beta-carotene)</td>
<td>1250 IU</td>
<td>25%</td>
</tr>
<tr>
<td>Vitamin C (as ascorbic acid)</td>
<td>30 mg</td>
<td>50%</td>
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<tr>
<td>Vitamin E (as d-alpha-tocopheryl succinate)</td>
<td>15 IU</td>
<td>50%</td>
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<tr>
<td>Stevia (Stevia rebaudiana)(leaf)</td>
<td>22.5 mg</td>
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** †Percent Daily Values are based on a 2,000 calorie diet.
** ‡Daily Value not established.

Other Ingredients: Fiber Support blend ( guar gum, oat fiber, polydextrose, purified cellulose, inulin, cellulose gel, fenugreek fiber, rice bran, citrus pectin, apple fiber, barley beta-glucans), cane sugar, natural flavors (no MSG), citric acid, medium-chain triglycerides, soy lecithin, beet powder, and Lactobacillus acidophilus.

Contains: Soy (lecithin).

References


**Directions**

Briskly stir one level scoop (15 g) into 8 oz chilled, pure water and consume once daily, or as directed by your healthcare practitioner.

**Cautions**

Consult your healthcare practitioner before use. Keep out of reach of children. Avoid if allergic to any ingredient.

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