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through
to the
real you



Bio-vitality.com

by Alyssa Burns-Hill, MSc, FRSPH, MIHPE

Client
Information

Fibre Support (120 vcaps)

£21.90

Fibre Support contains a broad-spectrum mix of natural soluble dietary fibre components with wide-ranging actions. In contrast to many fibre supplements, Fibre Support is completely free of wheat bran and other cereal-derived fibres to which some individuals are allergic or tolerate poorly. Fibre Support utilizes a variety of plant fibre sources to widen the dietary benefits as follows:

Glucomannan (from Konjac root): An all-natural source of fibre obtained from the Japanese yam. This water-soluble fibre attracts many times its weight in water to form bulkier stools. It also delays stomach emptying and release of sugar after a meal, thus assisting blood sugar regulation.

Prune fibre powder: This whole food source of soluble fibre and other nutrients is well-known for beneficial action in intestinal regularity. The protective, antioxidant qualities of prune fibre have also been well-documented.

Carrot root powder: Carrots contain various fibrous fractions useful to the digestive system. Some of the fibre components in carrots can be converted to beneficial short-chain fatty acids in the colon.

Celery stalk and leaves: Celery is a whole food source of fibrous matter that may help promote excretion of toxic substances, thus helping protect gastrointestinal tissues.

Apple Pectin: Pectin, the soluble gel-forming type of fibre found in apples, attaches to certain toxic metals. Apple pectin is also known for its favourable affect on intestinal functions.

Citrus Pectin: Studies on citrus pectin have shown it is capable of binding with cholesterol and toxic metals in the digestive tract.

Slippery Elm bark powder: Often used to relieve irritated or inflamed mucous membranes, slippery elm bark contains compounds that are soothing to tissues in the GI tract.

Sodium Alginate: Commonly used to help detoxify the body from harmful agents, this soluble fibre is purified from seaweed.

Fennel seed powder: Compounds found in fennel confer an anti-flatulence action and a nourishing effect. Fibre Support is a good choice for individuals desiring the benefits of selected types of natural fibre-containing foods.

Fibre Support is a great alternative for those individuals that have allergies to bran, cereal grains, or psyllium seed, as it is free from these ingredients.

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This information service is not intended to make any claims or provide medical advice. Please www.bio-vitality.com for clinical references.

Bio-Vitality Limited, PO Box 493, Guernsey, Channel Islands, GY1 6BY

Ordering Options:

By phone or in person at Maureen Gillanders Body & Skin Care Clinic, Fort Complex, L'Islet, Guernsey, GY2 4SN.

Online at www.bio-vitality.com (through Amazon).

Any cheques to be made payable to Maureen Gillanders (Guernsey) Limited.



-2-

Fibre Support (continued)

Fibre Support is best taken during or prior to meals. The capsules should be taken with a full glass of water to ensure proper hydration of the fibre components. If desired, the powder inside the capsules can be added to food or beverages.

Suggested Use: 1- 6 capsules daily with meals.

Cautions and Contraindications: No adverse reactions or drug interactions have been reported.

This product was made in a GMP and ISO 9001:2000 registered facility.

Last updated: Sept 2009

Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	
Plant Concentrate Blend	750 mg*
Glucomannan (from Konjac root)	
Prune Fiber Powder	
Carrot root powder	
Celery stalk and leaves	
Apple Pectin	
Citrus Pectin	
Slippery Elm bark powder	
Sodium Alginate	
Fennel seed powder	

*Daily Value not established.

Other ingredients: Vcaps™ vegetarian capsule, water, L-leucine, and silicon dioxide.

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