

Fibre Plus (344g)

 lilyandloafinternational.com/products/fibre-plus

Nature's Sunshine

An easy way to top up fibre in your daily diet

£ 19.95 GBP

1346

- A superb fibre formula from five natural sources
- Great tasting apple and cinnamon flavour drink
- 36 servings per tub
- Full 90-day money-back guarantee

How will Fibre Plus help me?

Fibre Plus provides a superb formula of soluble and insoluble fibre from five natural sources: psyllium hulls, apple fibre, acacia gum, guar gum and oat bran. Each 9.5 gram serving is sodium free and a source of potassium, and provides 4 grams of both soluble and insoluble fibre. Making it easy to get essential fibre into the diet with a great tasting natural apple and cinnamon flavour drink mix.

Fibre Plus also contains the nutritious SynerPro® concentrate base, which includes powders of broccoli flowers, turmeric root, rosemary leaf, red beetroot, tomato fruit, carrot root, cabbage leaf, Chinese cabbage leaf, hesperidin, grapefruit bioflavonoid and orange bioflavonoid.

Suitable for those looking to supplement a healthy balanced diet with a quality assured supplement, including those with a Vegetarian, or Vegan diet. Food Supplements should not be used as a substitute for a balanced diet. Always consult your Doctor or Pharmacist before taking food supplements when you are on prescribed medication.

What are the benefits of Fibre?

Studies have shown that our diet should contain more vegetables, grains and fruit, and Health Professionals are regularly recommending that individuals consume diets that are high in fibre, especially soluble fibre.

There are two types of fibre which perform important functions within the body and bring benefits to the digestive and intestinal systems. High fibre diets have also been shown to reduce the risk of certain health conditions.

Fibre is a vital part of a healthy diet, but it's not always easy to obtain enough daily fibre. Experts recommend a minimum of 20-35 grams of dietary fibre each day, but many people get less than half of the recommended amount of fibre in their daily diet. Fibre's most well-known benefit is the regularity that it promotes, which means toxins are less likely to be reabsorbed into the blood stream. Soluble fibre soaks up water, which helps to bulk out faeces, allowing it to pass through the body more easily. Insoluble fibre sweeps the intestines clean of waste material, soluble fibre binds with fatty acids and prolongs stomach-emptying time.

Is Fibre Plus suitable for everyone?

Fibre Plus may cause an allergic reaction in those sensitive to inhaled or ingested psyllium. Avoid use if you have ever had oesophageal narrowing or swallowing difficulties. It also includes cereals that contain gluten, so avoid if you have a gluten intolerance.

Why should I buy from Lily & Loaf?

Lily & Loaf embrace a natural, holistic approach to health and beauty, and value equally daily nutrition for the body and nutritional care for the skin. These strict standards for top quality suppliers ensure that every product is free from harmful toxins, pollutants and animal cruelty, but also crafted in accordance with the ethical and sustainability values held. Lily & Loaf offers only premium, natural, eco-friendly products that are free from questionable manufacturing methods used in many mass-produced products today. There is also great support from a brilliant, independent Advisory Board - a group of highly qualified and experienced scientists, herbalists, practitioners, and health consultants with a wealth of expert knowledge and experience. And of course, our 90-day money back guarantee!

90-Day Money Back Guarantee

We deliver the very best quality and service to all our customers and every product we sell has a no quibble 90-day money back guarantee. If you are not completely satisfied with your purchase, you may return your unused product or empty container to us within 90 days for a full refund. What have you got to lose?

Simple & Fast Worldwide Delivery

We offer a fast delivery service across the UK and indeed throughout the world. So, no matter where you live, buying from Lily & Loaf is a simple and risk-free process. Start your journey today with Lily & Loaf. We know that when you try our products, you'll become a Lily & Loaf lover too.

Ingredients

PSYLLIUM hulls (*Plantago ovata*), fructose, apple fruit fibre, gum arabic (*Acacia seyal*), guar gum (*Cyamopsis tetragonolobus*), **OAT** inner husk bran (*Avena sativa*), citric acid, cassia cinnamon bark (*Cinnamomum cassia*), flavouring: natural apple flavour, SynerPro® herbal food concentrate (broccoli flowers (*Brassica oleracea* var. *italica*), carrot root (*Daucus carota*), red beet root (*Beta vulgaris*), rosemary leaf (*Rosmarinus officinalis*), tomato fruit (*Solanum lycopersicum*), turmeric root (*Curcuma longa*), cabbage leaf (*Brassica oleracea* var. *capitata*), grapefruit and orange bioflavonoid extracts and hesperidin bioflavonoid extract), potassium bicarbonate.

Allergy advice: May cause allergic reaction in those sensitive to inhaled or ingested psyllium. Avoid use if you have ever had oesophageal narrowing or swallowing difficulties.

Includes cereals that contain gluten, see ingredients in **BOLD**.

Recommended Use

Add one level tablespoon to 250ml of cold water, shake or stir vigorously and drink immediately. Use two to four times daily. Take as recommended. Drinking enough water is essential.

Do not exceed the stated recommended daily dosage.

Food Supplements should not be used as a substitute for a balanced diet. Always consult your Doctor or Pharmacist before taking food supplements when you are on prescribed medication.