

Factor 4 Fibre

Digestive Health

Helps to improve and support gastrointestinal health.

What is Factor 4 Fibre?

Factor 4 Fibre is a prebiotic combination of 2 nutritional supplements: hesperidin and naringin. These are 2 bioflavonoids commonly found in citrus fruits that help grow healthy bacteria in the gastrointestinal tract.

Why take Factor 4 Fibre?

The 2 bioflavonoids found in Factor 4 Fibre are clinically shown to promote growth of 2 essential groups of healthy bacteria in the large intestine, known as *Clostridia Clusters XI/Va* and *IV*. Increasing these bacteria results in lower gut inflammation, increased gut barrier function, and enhanced immunity. Hesperidin is found in peppermint and the inner peels of citrus fruits. Naringin is found in citrus fruits, namely grapefruit, and is responsible for grapefruit's bitter taste. Both hesperidin and naringin are antioxidants and act as prebiotics, feeding important intestinal bacteria.

Who benefits from taking Factor 4 Fibre?

People suffering from poor gastrointestinal health, such as frequent reflux, gas, bloating, abdominal discomfort, diarrhea, constipation, and poor nutrient absorption. It can help promote a healthy gut microbiome and better overall health.

Selected References

Microbiome X improves gut barrier function and lower gut inflammation by positively changing the gut microbiome composition. *Bioactor BV* 2016. Maastricht, Netherlands. Bioactor.com.

Ingredients per 1 capsule:

Hesperidin	440 mg
Naringin	25 mg

Directions: Adults: take 1 capsule daily, or as recommended by your healthcare practitioner.

Recommended Storage Conditions: For freshness, store in a cool, dry place.

Free of: Peanuts, tree nuts, fish/shellfish, dairy, eggs, wheat, gluten, and starch

Warnings: Adult use only. For therapeutic use only.

Keep out of reach of children. Do not use if seal around cap is broken or missing.

Key Applications

Gastrointestinal Health

Complementary Supplements

Nutridophilus (Lactobacillus)

Probiotics (e.g. Bifidobacterium, S. Boulardii)

Prebiotics (e.g. XOS/FOS/GOS, pectins)



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