

# CLEAR FIBER

**Dissolves Clearly!**

- **No Grit**
- **No Thickening**
- **No Flavor**

**Clear Fiber mixes easily – Does not affect taste!**

- Clear Fiber is a soluble dietary fiber made from partially hydrolyzed guar gum (PHGG).
- PHGG is recognized as GRAS (Generally Regarded as Safe) for use as a food or beverage ingredient.
- Tasteless and odorless, can be added or blended with practically any other foods
- Clear Fiber dissolves completely in liquid and does not thicken or turn to gel.
- Clear Fiber dissolves clear and mixes easily into foods and drinks both hot and cold without affecting taste, texture or thickness.
- Clear Fiber is the same raw material as the patented Sun Fiber™.
- Clear Fiber is 100% natural.
- No gritty taste, Pleasant to use!

**Americans fall short on fiber intake**

The average American consumes less than 1/3 the recommended dietary fiber intake. The American Dietetic Association and the American Cancer Society recommend 25-35 grams of total dietary fiber per day, which is more than double what the average American gets. Even for those individuals with a healthy diet, there are some days when it might be difficult to meet the recommended amount. Soluble fiber found in beans and fruits have many health benefits. Studies show soluble fiber helps support healthy cholesterol and triglyceride levels as well as normal, healthy blood sugar levels.\* ClearFiber® provides 3 grams of soluble fiber per serving and is a convenient way to ensure you meet your daily intake for dietary fiber. ClearFiber™ uses the patented SunFiber® derived from partially hydrolyzed guar gum. SunFiber® has been used in numerous clinical studies demonstrating its many health benefits.

**PHGG supports intestinal and immune health**

- Human clinical studies on Sun Fiber™ have verified the efficacy of partially hydrolyzed guar gum and its health benefits.

- Studies show partially hydrolyzed guar gum (PHGG) is helpful in normal bowel regulation.\*
- Studies have shown that partially hydrolyzed guar gum (PHGG), may support healthy cholesterol and triglyceride levels.\*
- PHGG has a prebiotic effect that helps to improve the microflora in the digestive system. Improving microflora may help support intestinal and immune health.\*

### **Why is fiber so important to your health?**

Fiber absorbs large amounts of water in the bowels, and this makes stools softer and easier to pass. Anyone starting a higher-fiber diet will notice the difference in stool bulk and in almost all cases, increasing fiber in the diet will relieve constipation within hours or days. Because stools are easier to pass, less straining is necessary, and this can help relieve hemorrhoids.

By improving the solidity and bulk of solid waste it also helps to keep those who are aging more regular, less constipated. The result, supported by many studies, is (among other benefits) a reduction in the odds of colon cancer.

Insoluble fiber, so-called because it doesn't dissolve readily in water, can be found in nuts, wheat bran, whole grains and many vegetables. But there's another kind called, not surprisingly, soluble fiber. As the name suggests it does dissolve readily in water. It, too, has benefits.

The soluble variety is found in citrus fruit like oranges and lemons, apples, beans, oats and barley grain. Among its other virtues, studies strongly suggest that some soluble fibers (beta glucan) can help reduce cholesterol.

### **Adequate fiber intake aids in weight loss!**

Populations that eat greater amounts of fiber-rich foods are generally healthier. While all of the reasons for this are not known, it may be because the fiber-rich foods themselves are healthier. Perhaps fiber's greatest value, however, is in helping to keep us slim.

***Fiber makes us feel full sooner and stays in our stomach longer*** than other substances we eat, slowing down our rate of digestion and keeping us feeling full longer. Due to its greater fiber content, a single serving of whole grain bread can be more filling than two servings of white bread. Fiber also moves fat through our digestive system faster so that less of it is absorbed.

Fiber-rich foods also have a low-glycemic index, which means they deliver a slow and steady supply of sugar to your blood, which helps control appetite, according to the Harvard School for Public Health.

But, as with every other aspect of diet, it's best to have everything in the proper proportion. What is that, in the case of fiber? The recommended consumption for the average adult over 50 years of age is 21g for women and 30g for men. For those under 50 the amounts are 25g for women, 38g for men. Of course, that's only an average (for men about 170lbs, women around 120lbs). You'll want to consult tables to find out the needed amounts for your weight. There are those rare individuals who are sensitive to certain foods and they will need to seek out sources that suit their particular circumstances.

High-fiber foods are good for your health. But adding too much fiber too quickly can promote intestinal gas, abdominal bloating and cramping. Increase fiber in your diet gradually over a period of a few weeks. This allows the natural bacteria in your digestive system to adjust to the change. Also, drink plenty of water. Fiber works best when it absorbs water, making your stool soft and bulky.

\*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.

<b>Supplement Facts</b>		
Serving Size: 1 Tablespoon (approximately 4g)		
Servings Per Container: 35		
	<b>Amount Per Serving</b>	<b>% Daily Value</b>
<b>Calories</b>	20	
<b>Total Carbohydrates</b>	4 g	1%*
Dietary Fiber	3 g	12%*
Soluble Fiber	3 g	
<b>Sodium</b>	20 mg	1%*

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Partially Hydrolyzed Guar Gum (natural fiber).

**Contains No** sugar, salt, dairy, yeast wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

**Suggested Use:** As a dietary supplement, adults mix one (1) tablespoon into 4 oz. or more of liquid or soft food. Stir until mixed. May use one (1) to five (5) times daily.

Do not use in carbonated beverages.

Store in a cool, dry place and away from direct light.

Sold by weight, not volume. Contents may settle during shipping.

Keep out of reach of children.