

# FiberMend®

Prebiotic fiber for GI wellness and to promote good bacteria growth in your gut.\*



Guar Gum  
Larch Extract  
Pectin

Rice Bran  
Green Tea Phytosome



## What it does

FiberMend is a blend of plant-based, water-soluble fibers, to maintain healthy glycemic control and help promote regularity and optimum digestive function.\*

## Benefits of FiberMend

- / Enhances satiety - to keep you feeling fuller, longer\*
- / Maintains healthy lipid levels\*
- / Promotes regularity\*
- / Prebiotic fiber formula
- / A water-soluble, easily-digested fiber formula to help maintain regularity and balanced GI flora\*
- / Helps maintain normal post-prandial blood sugar levels\*
- / Well-tolerated: no bloating, cramping, or gas production\*

## How it works

FiberMend is different from other fiber formulas because it contains Sunfiber®. FiberMend is a powder blend of plant-based, water-soluble fibers, formulated to promote regularity<sup>1</sup> and healthy glycemic control,<sup>2</sup> enhance nutrient absorption,<sup>3</sup> and help maintain optimum digestive function.<sup>4\*</sup> FiberMend combines Sunfiber – a partially hydrolyzed guar gum fiber – with rice bran, larch arabinogalactan, apple pectin, and green tea phytosome to provide an effective prebiotic fiber formula that is well-tolerated and easy to use.\* Because FiberMend is tasteless and odorless, and readily dissolves in water, it can be mixed easily with a morning smoothie or a preferred beverage.

## What is Sunfiber®

Sunfiber is a galactomannan-based dietary prebiotic fiber made from hydrolyzed guar gum, a water-soluble carbohydrate-derived fiber from the seeds of the guar plant (*Cyamopsis tetragonoloba*). Research on Sunfiber shows it promotes bowel regularity<sup>1</sup> and helps reduce the glycemic index of foods it is eaten with.<sup>2\*</sup> When mixed, it is clear, tasteless, and dissolves easily in water or other liquids.

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\*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.

## What is a prebiotic fiber

A prebiotic fiber stimulates activity of certain beneficial bacteria in the colon, producing short-chain fatty acids (SCFAs) via a fermentation process, thus improving the health of the host.<sup>5\*</sup> The rate that SCFAs are produced in the body is very important. If fermentation occurs too rapidly (as can be the case with inulin and other soluble fibers) the result can be excessive bloating and flatulence.<sup>6</sup>

Sunfiber's rate of fermentation is slower and results in a higher total amount of SCFAs over time, resulting in significantly less gas, bloating, and GI discomfort.<sup>7</sup>

## What does "hydrolyzed" mean?

Hydrolysis means the guar gum has been broken down into smaller units via a controlled, natural enzymatic process. This process decreases the guar gum's viscosity, thus allowing it to dissolve more readily while still maintaining the original fiber content.

## What is larch arabinogalactan?

Larch arabinogalactan is a polysaccharide powder derived from *Larix occidentalis* (Western larch). It possesses important immune-supportive properties<sup>8</sup> and is an excellent source of fiber because its fermentation increases short-chain fatty acid production (butyric acid and propionic acid in particular).<sup>9,10\*</sup> Increases in short-chain fatty acid production appear to have a beneficial effect on the intestinal milieu<sup>10</sup> and might facilitate a shift to higher numbers of beneficial bacteria in the gut, particularly anaerobic strains of Bifidobacteria and Lactobacillus.<sup>11\*</sup>

## Why include apple pectin and rice bran?

Apple pectin is an excellent natural source of dietary fiber that can help maintain healthy blood sugar levels.<sup>12\*</sup> Apple pectin has been shown to delay gastric emptying and improve glucose tolerance.<sup>12\*</sup>

Rice bran is a rich source of phytochemicals such as myo-inositol, inositol hexaphosphate, ferulic acid, gamma-oryzanol, and polyphenols, all of which have a variety of health-promoting properties.<sup>13\*</sup>

## What is green tea phytosome & why include it in FiberMend?

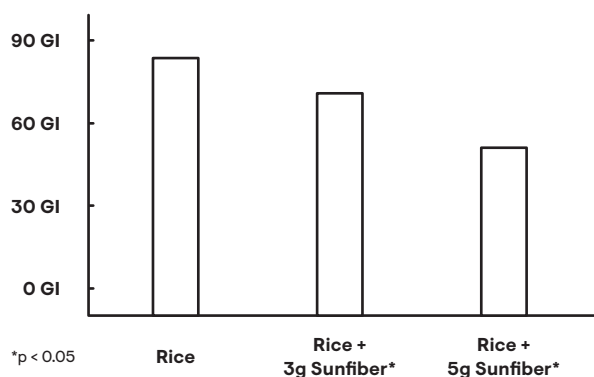
Green tea phytosome is a highly bioavailable complex of green tea polyphenols and phospholipids.<sup>14\*</sup> In a study on healthy volunteers a single dose of Greenselect® green tea polyphenols complexed with phospholipids resulted in a peak blood concentration of EGCG (a potent antioxidant constituent from green tea polyphenols extract) approximately three times higher than a non-complexed green tea extract.<sup>15\*</sup>

Green tea polyphenols are powerful antioxidants due to their particular flavonoid structures.<sup>16\*</sup> Their glutathione-sparing activity has also been well documented.<sup>17\*</sup> Green tea polyphenols also help maintain the body's normal inflammatory response to oxidative stressors.\* In addition, research suggests green tea supports healthy prebiotic activity.<sup>18,19\*</sup>

## Sunfiber influence on glycemic index (GI)

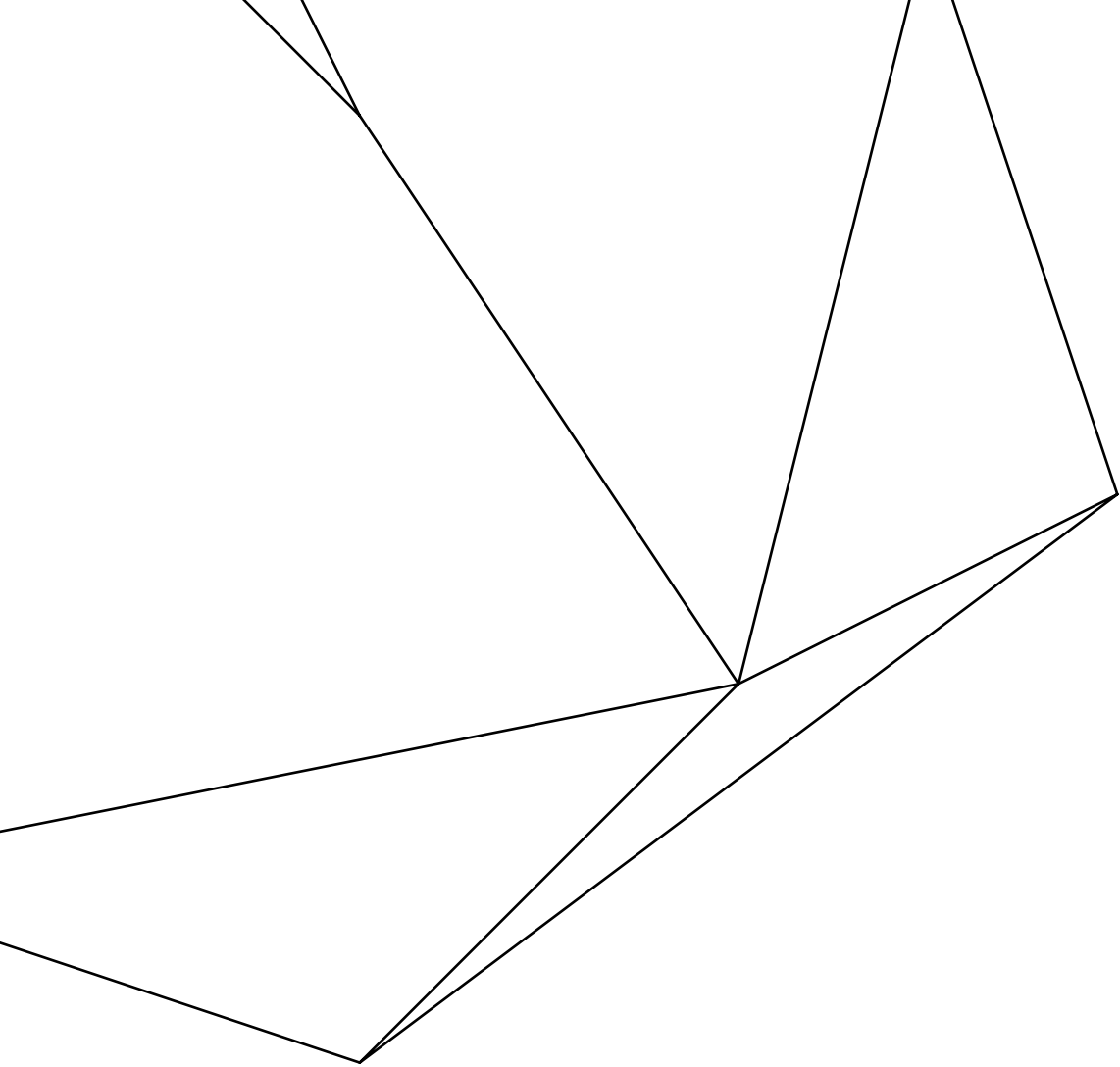
- / Joint experiment with Philippine Nutrition and Food Laboratory
- / Data collected from 10 healthy adults
- / Well-tolerated
- / Does not contain any sweeteners
- / Can be used every day
- / Naturally flavor-neutral
- / Mixes easily with any beverage

Trinidad T, Perez E, Loyola A, et al. *Int J Food Sci Technol* 2004;39:1093-1098.



## References

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## SUPPLEMENT FACTS

V08

Serving Size: One Scoop (11 g)  
Servings Per Container: Approx. 30

One Scoop (11 g) Contains:		%DV
Calories	45	
Total Fat	1 g	1%*
Total Carbohydrate	9 g	3%*
Dietary Fiber	7 g	25%*
Soluble Fiber	6 g	**
Partially Hydrolyzed Guar Gum†	8 g	**
Rice Bran	2.5 g	**
Arabinogalactan (from Larch) ( <i>Larix spp.</i> )††	300 mg	**
Pectin (from Apple)	150 mg	**
Green Tea Phytosome††† ( <i>Camellia sinensis</i> extract (leaf) decaffeinated / Phospholipid complex from Sunflower)	50 mg	**

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

\*\*Daily Value (DV) not established.

### Suggested Use

Mix 1 scoop with at least 8-10 ounces of water, juice, or preferred beverage daily or as recommended by your health-care practitioner.

If pregnant, consult your health-care practitioner before using this product.

†This product uses Sunfiber® AG. Sunfiber AG is a registered trademark of Taiyo International, Inc. ††This product uses Larch Arabinogalactan (ResistAid™). ResistAid is a trademark of Lonza. †††This product uses Indena S.p.A.'s green tea phytosome (Greenselect®). Greenselect is a registered trademark of Indena S.p.A.

SKU	Unit Weight	Benefits	Features
SP635	Net wt 11.6 oz	GI Support* Liver/Detox*	Gluten Free

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\*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.