



Prebiotic Fiber

Digestion Resistant Starch/Fiber Blend



Prebiotic Fiber contains two forms of resistant starch (RS): organic green banana flour and organic potato starch powder. RS is a type of starch that is resistant to digestion, as enzymes in the gastrointestinal (GI) tract are inactive against it. Once RS reaches the large intestine, it is fermented into shortchain fatty acids (SCFAs), which are used as fuel for both beneficial bacteria and cells of the GI tract. SCFAs have been shown to influence GI cellular health, cellular metabolism and signaling, and cardiovascular health.*

Prebiotic Fiber also features ImmunEnhancer®, a patented arabinogalactan powder sourced from larch trees (*Larix laricina*). Arabinogalactan is a resistant starch (RS) that has been shown to influence gastrointestinal (GI) microbial balance and may support a healthy immune response.

Benefits*

- Supports healthy gut motility
- Helps promote colonic health
- Supports proper intestinal permeability
- Provides support for microbial balance
- Promotes healthy blood sugar metabolism

Recommended Use

Take 10 grams (approximately one scoop) per day or as directed by your healthcare practitioner. Best if mixed into liquid using a blender or shaker bottle. Can also be mixed into food, such as yogurt or glutenfree cereal. Due to the nature of resistant starch, consider starting with a smaller dose and gradually increasing to a full serving depending on your tolerance.

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Prebiotic Fiber contains a proprietary resistant starch/fiber blend that delivers 5 g of dietary fiber to the GI tract in a convenient powder, making it easy to mix with other beverages. It is unsweetened and unflavored for optimal mixing with liquids. Prebiotic Fiber RS may benefit GI health through its ability to support microbial balance and proper intestinal barrier function and integrity.* Additionally, this formula may help support healthy blood sugar metabolism, normal appetite, and cardiovascular health.*

Highlights

- Proprietary resistant starch/fiber blend delivers 5 g of dietary fiber per serving
- Unflavored and unsweetened for optimal mixing with liquids
- Glutenfree, dairyfree, and soyfree
- NonGMO

To contact OC Integrative Medicine, Please visit us on the web at www.oc-integrative-medicine.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

*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.