



Digestive  
Management  
Fiber Powder

## KEY BENEFITS

### What are the benefits of adding fiber to my diet?

- Normalizes **bowel movements**.
- **Reduces hemorrhoids** and diverticular disease.
- Helps **build and maintain bones**, especially in adolescence and post-menopause.
- Moderates **blood glucose, insulin and triglyceride** levels after meals.
- Provides **prebiotic benefits** to increase the presence of good intestinal bacteria.
- **Lowers cholesterol** levels.



\*Except for Meta® Sugar-Free Orange Smooth Powder which contains Aspartame  
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## What makes FiberCel a superior source of fiber when compared with other brands?

<b>Easy to Take</b>	Add it to 2 or more ounces (60 ml) of water, or any liquid or soft food - hot or cold. You won't even know it's there!
<b>Dissolves Instantly</b>	FiberCel is completely clear when mixed with liquids.
<b>No Grit or Taste</b>	Unnoticeable in drinks or food - no taste, no lumps, no grit!
<b>No Extra Fluid Needed</b>	FiberCel does not require consumption of extra fluid, compared with other fiber products that require 8 oz or more of additional fluid.
<b>No Bloating, Gas or Cramping</b>	FiberCel increases beneficial bacteria and is gradually fermented, causing less gas production in the intestines than other brands.
<b>No Medication Interference</b>	FiberCel does not interfere with absorption of medication, and can be taken at the same time as medication.
<b>High Quality Source of Fiber</b>	The sole ingredient used in FiberCel is soluble corn fiber, which was approved by Health Canada as a dietary fiber source in 2013.
<b>Sugar, Lactose &amp; Gluten Free</b>	Contains no sugar, lactose, potassium or phosphorus, or the gliadin protein responsible for celiac spruce disease. Renal friendly!
<b>Effective</b>	50% of the fiber goes into the large intestine (40% is passed out in feces), making it much more effective than most fiber products.