



Steadfast NUTRITION
PREMIUM WELLNESS NUTRITION

TRIFIBRE[®]



MAGICAL FORMULA FOR OVERALL HEALTH & WELLBEING

Introduction

Dietary fibre is a type of complex carbohydrate which has low calorific value and needed to keep digestive system healthy. Dietary fibre is made up of the indigestible parts or compounds of plants, which pass relatively unchanged through our stomach and intestines.

Tri Fibre® is a blend of soluble fibres which helps in improving the health and overall well being of human body. It comprises of Resistant Maltodextrin, Inulin and Partially Hydrolysed Guar Gum that are formulated to improve the colon health and support the good bacteria in the digestive system. All the ingredients are 100% fermentable which means that the gut bacteria can utilise them completely to enhance the growth and activity. Fibre works as feed for good bacteria as they utilise it through the process of fermentation.

Tri Fibre® is a tasteless, odourless and colourless water soluble formulation, which is easy to consume and necessary to fulfil the required level of fibre in a diet.



What does TRI FIBRE® Constitutes?

1. Resistant Maltodextrin: It is a soluble dietary fibre with 100% fermentability which is important for maintaining a healthy intestinal regularity, blood glucose and serum lipids levels. It is gluten free and reduces the digestion time essential to manage the serum glucose levels. Also, it helps in managing triglycerides levels in the body to improve the lipid profile by keeping cholesterol levels in check. Resistant Maltodextrin helps in managing the appetite hormones with better satiety and improves bowel movement which relieves from occasional constipation. Additionally, it is resistant to heat and hence can be added in soup, baking products and hot beverages.

2. Inulin: It is a naturally occurring polysaccharide, belongs to the class of dietary fibre known as 'fructans'. Inulin is generally found in the roots or rhizomes in plant as they are generally used for storing energy. It is extracted from chicory roots which is known for its pre-biotic property. Pre-biotic is food known to enhance the good bacteria's health as it is not digestible in the upper part of the gastrointestinal tract, but is 100% fermentable by bacteria which improves health and overall well being. Inulin improves the colon health and helps in detoxification of organs in the body. Since, inulin cannot be digested in the digestive system, it helps in cleansing the internal organs, improving intestinal transit time which reduces constipation and keeps you full for longer.

3. Partially Hydrolysed Guar Gum: It is a plant polysaccharide composed of the sugars 'galactose' and 'mannose'. It is water soluble and 100% fermentable which forms a gel-like structure that is shown to improve satiety. Regular consumption of this fibre improves colon health as gut bacteria ferment this fibre to utilise it for their feed. It also delays the emptying of the stomach which improves satiety along with improving the lipid profile of the body and reduces the risk of many lifestyle diseases by improving "good" cholesterol.

Overall, Tri Fibre® helps in improving colon health, post prandial serum glucose levels, reduces "bad" cholesterol, manage acidity, delay emptying of stomach, add bulk in diet, improve bowel movement and boost overall well being. Tri Fibre® bulks up stools, makes stools softer and easier to pass from the body through anus.

How does TRI FIBRE® Work?

Tri Fibre® is a special blend which is completely soluble and 100% fermentable which improves the growth and activity of good gut bacteria. These bacteria utilise the fibre as their feed and percentage of fermentability depends on the percentage of utilisation. This process leads to formation of short chain fatty acids like acetate, propionate and butyrate that feeds the colon cells and helps in reducing inflammation from the colon. On consumption it forms gel like structure which delays the absorption of glucose in blood and hence, prevents the fluctuations in insulin levels. Also, Tri Fibre is a low calorie blend which keeps you full for longer and improves the satiety. Therefore, overall it helps in regularising serum glucose levels, improving bowel movement, lowering cholesterol levels, maintaining heart health and alleviating constipation.

Benefits of TRI FIBRE®

Manages Obesity: Tri Fibre® keeps you full for longer which helps in avoiding overeating and binge eating that leads to keep the unwanted weight away. Adding adequate fibre in diet is important for weight management as it is low in calories and provides satiety.



Glycemic Response: Tri Fibre® is a soluble fibre which delays the sugar release in blood and therefore, helps in managing glycemic response in the body. Tri Fibre® leads to sustained and gradual release of glucose in the blood which prevents the sudden spike of insulin in the body.



Improves Gut Health: Our gut is a house of over 200 good bacteria which governs 2 million genes that are important for overall health and well being. Tri Fibre® works as a feed for these bacteria and help them grow that leads to improved colon health and bowel movement.



Lowers Cholesterol: Tri Fibre® helps in managing lipid profile by lowering the “bad” cholesterol levels from the body. Being a soluble fibre it improves the excretion of cholesterol from the body and thus, leads to lowering the levels of it.



Alleviate Constipation: Tri Fibre® improves the bowel movement which relieve from occasional and acute constipation. It is a soluble fibre which improves the transient time and therefore, improves the occurrence of constipation on regular consumption.



Mineral Absorption: Intestine is where minerals get absorbed in the body and Tri Fibre® improves the intestinal health which improves the mineral absorption. Tri Fibre® is soluble fibre which improves the balance of calcium in the body without adverse effects on other mineral retention. Most of the minerals work in synchronisation and therefore, better absorption of minerals improves the overall absorption in the body.



Organ Detox: Due to various intrinsic and environmental factors, internal organs stores unwanted toxic compounds which can harm body functioning adversely. Tri Fibre® is a soluble fibre which helps in removing these unwanted compounds from the organs. These toxic compounds include heavy metals which get deposited inside the organs and being soluble fibre, Tri Fibre® entrap these compounds in its gel-like structure. Therefore, it works as an organ detoxifier by helping in excretion of unwanted toxic compounds.



Who can take TRI FIBRE® ?

Anyone who is looking to improve the fibre content in their diet can add Tri Fibre®. According to RDA (Recommended Dietary Allowance), an adult should consume 35 to 40 grams of fibre per day to get the maximum benefits. However, the Indian dietary habits are not such that we consume optimal requirement of dietary fibre through our diet, thus, Tri Fibre® can be used by anyone & everyone on daily basis.

TRI FIBRE® FOR ATHLETES & FITNESS ENTHUSIASTS

Whether you are a strength athlete or an endurance athlete, consuming adequate amount of fibre is important for improved performance, overall health and well being. Consumption of different supplements can lead to accumulation of different residues which can hamper the organ functioning and performance. Therefore, adding TRI FIBRE can help in detoxification of the organs which improves the organ functioning of an athlete. Prolong duration of training puts extra stress on the athletes body which raise the requirement of energy and including calorie dense meals lead to the ignorance of one of the important nutrient, Fibre. Hence, Tri Fibre can easily be added along with meals or in between meals. Tri Fibre improves gut health, helps in blood glucose level management, enhance the mineral absorption, boost immunity and manage lipid profile for an athlete.



TRI FIBRE® FOR WELLNESS



OFFICE GOERS

With a hectic schedule, people tend to skip their meal then binge eat in their next meal due to starvation. This is not only bad for the health, but can also make one prone for different lifestyle diseases. Tri Fibre® keeps you full for longer and because it is low in calories, it can be consumed twice anytime in the day depending upon the schedule and meal planning.

WEIGHT WATCHERS

Tri Fibre® can help people who are trying to manage their weight by adding an extra dose of fibre in their diet. Fibre does not get digested in the digestive system, it gets fermented by the gut bacteria as the source of their food which improves colon health, reduces “bad” cholesterol and helps in managing blood glucose levels. Tri Fibre® keeps you full for longer and delays the emptying of stomach which helps in avoiding unwanted calories and can manage your weight in a healthy way.



ALL AGE GROUPS & TYPES

As people age, their digestive system becomes weak which generally leads to different issues like constipation or repeated acid reflux. Adding Tri Fibre® helps in improving the bowel movement which reduces the chances of constipation along with managing acid reflux. A healthy gut also improves the absorption of different nutrients that are essential in old aged people for their overall health and wellbeing.



TRI FIBRE® FOR PATIENTS

People with liver, kidney or intestinal diseases can take Tri Fibre® as it helps in detoxification of their organs and improve the overall health by improving the absorption of different micronutrients in the intestine. Patients having different medication generally lose their appetite which makes them prone to starvation and create a hinderance in the absorption of different nutrients. So, Tri Fibre® can improve different organ functions and the intestinal absorption of different micronutrients.

(As per Doctor Consultation)



When to take TRI FIBRE® ?

Tri Fibre® is colourless, tasteless and odourless which can be consumed twice anytime during the day. It can easily be mixed in water and also be consumed with meals or in between the meals. In addition, Tri Fibre® is resistant to heat which can be added as an ingredient to soup, sprinkled over salad or be mixed in pulses or vegetables.

How to make TRI FIBRE® ?

Mix and dissolve one sachet (8 g approx.) in 250 to 300 ml water or juice. Consume twice a day.



Take 250 to 300 ml Water in a Glass



Tear off Sachet & Empty Content into Water



Stir Well



Consume Clear Soluble Fibre Solution



*Images for Graphical Representation Only.

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