

There are many things that can push your digestive system off balance. Traveling, stress, not drinking enough fluids, medications—but the number one reason is not having enough fiber in your diet.

Whole Food Fiber and Gastro-Fiber provide the daily fiber you need.

Since they are made with whole foods, you also get the health-promoting nutrients which are essential for digestive support, as well as provide antioxidant protection, immune support, and a host of other benefits.

Each product is unique and contains different ingredients that target specific areas of the gastrointestinal system. These two great formulas give you two easy ways to increase your fiber intake, naturally.*



Gastro-Fiber and Whole Food Fiber can add vital nutrients to any diet, and they can be used as nutritional support in the Standard Process Purification Program. Please consult with your health care professional to obtain more information on the benefits of purification.

Quality

From Seed to Supplement®

At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs.

For these reasons and many more, we proudly recommend Standard Process whole food supplements.

Looking for Ways to Get More Fiber?



www.standardprocess.com

©2008 Standard Process Inc. All rights reserved.
L1660 03/11



30% PCW



Why do I Need Whole Food Fiber or Gastro-Fiber®?

Important, Yes, but What is Fiber?

The word “fiber” gets used a lot, but what is it? Dietary fiber is the indigestible portion of plants we eat that move food through the digestive system, absorbing water and easing bowel movements. There are two types—soluble and insoluble.



Soluble fiber is made up of carbohydrates and can dissolve in water. It can help slow the absorption of sugar, which helps moderate blood glucose levels. It also assists in maintaining cholesterol levels already within a normal range. Good sources of soluble fiber include oats, legumes (peas, beans, and lentils), barley, fruits, and vegetables (especially oranges, apples, and carrots).

Insoluble fiber mainly consists of plant cell walls and does not dissolve in water. It creates a feeling of fullness in the stomach (aiding in weight management) and helps create bulk and moisture in the stool, for more efficient elimination.

Fitting in Fiber

In our day-to-day lives, most of us don't give much thought to the amount of fiber we consume. And in a typical American diet, it's hard to fit in enough fiber. We are surrounded by refined foods which are void of vitamins and nutrients, including fiber. Most Americans only consume 15 grams of fiber a day, yet the daily requirement for adults is closer to 25 to 38 grams. Adding fiber-rich foods to your diet, such as fruits, vegetables, and legumes, is important, but what if that's not enough? To make up the difference you may need a high-quality fiber supplement from Standard Process, and we have two to choose from.

*Because Whole Food Fiber is a powder, it can easily be mixed with your favorite cold beverage, added to foods such as applesauce or yogurt, or mixed in a shake alone or with SP Complete® or Whey Pro Complete to increase your daily fiber and protein intake.**

Whole Food Fiber

This powder is a good source of fiber that contains whole food fiber ingredients, each playing a vital role in the health of your intestinal tract. For instance, components of beets and carrots encourage the growth of “good” bacteria in the gut.

- ◆ **Rice bran**—Helps with regular elimination and has antioxidant qualities that protect the colon and the rest of the body from free radical damage. Also contains many vitamins, including the B-complex, plus minerals and essential amino acids
- ◆ **Beets**—Promote healthy lipid levels and support healthy glucose levels when already within normal ranges. Phytochemicals protect against free radicals and protect the liver, kidneys, and colon
- ◆ **Carrots**—Help with regular elimination and create larger stools which are able to remove more toxins from the colon. Rich in vitamin A, carrots support vision, growth, and healthy immune and cardiovascular systems
- ◆ **Oat fiber**—Supports the immune system, promotes healthy blood glucose and lipid levels when already in normal ranges, and enhances the growth of “good” bacteria in the intestines
Soluble fiber from foods such as oat fiber, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.
- ◆ **Apple pectin**—Aids in digestion and healthy bowel elimination, promotes healthy lipid levels and supports healthy glucose levels when already within normal ranges*



Ask your health care professional which Standard Process dietary fiber product would be an important addition to your supplementation program.



High-fiber foods increase the feeling of fullness and provide more nutrients with fewer calories—a sensible way to manage your weight and stay healthy.

Gastro-Fiber®

These capsules include dietary fiber from herbal and whole food sources that provide powerful support for the gastrointestinal system and help detoxify the body.

- ◆ **Psyllium (husk) powder**—Acts as a natural laxative; helps cleanse and move the bowels; and supports healthy lipid levels when already within a normal range
- ◆ **Collinsonia (root) powder**—Relaxes lower bowels and promotes digestion
- ◆ **Apple pectin**—Aids in digestion and regular bowel elimination; protects the liver and colon from toxins; and promotes healthy lipid levels and supports healthy glucose levels when already within normal ranges
- ◆ **Fennel**—Stimulates digestion; promotes healing in the gut; and helps relieve abdominal cramps, gas, and indigestion
- ◆ **Fenugreek**—Lubricates the intestines; is a natural laxative; and helps reduce gastric inflammation*