

# FIBER PLUS POWDER



## RECOMMENDED USE

- Promotes bowel movements by increasing bulk volume and water content
- Provides gentle relief of constipation and/or irregularity

## GASTROINTESTINAL SUPPORT

Fiber Plus is a natural fiber supplement with a balanced ratio of soluble and insoluble fiber to help with occasional constipation and maintain long-term bowel regularity. The main ingredient in Fiber Plus, psyllium seed husks, is one of the most widely used fibers in natural bulk laxatives. Both the psyllium seeds and husks used in Fiber Plus are organic. Fig fruit and prune are also included as sources of antioxidants.

### Overview

Occasional constipation can be caused by stress, dehydration, or diet and lifestyle choices. The prevalence of refined sugars and carbohydrates in the modern diet, combined with the low presence of fiber, is linked to slowed bowel transit time and altered colonic environment. Dietary fiber, the indigestible part of plant foods, enables smooth bowel movements and prevents occasional constipation. Other effects of fiber depend on the type (soluble or insoluble).

### Soluble Fiber

Soluble fiber (viscous fiber) partially dissolves in water and forms a gel in the gastrointestinal tract. It promotes bowel movements by increasing bulk volume and water content. Foods rich in soluble fiber include beans and other legumes (peas and lentils), oats, barley, citrus fruits (oranges, grapefruit), psyllium husk and flax seed.

### Insoluble Fiber

Insoluble fiber does not dissolve in water. Substances found in insoluble fiber include cellulose, hemicellulose and lignin. These cell walls of plants are not digested and help maintain bowel health and regularity. Foods rich in insoluble fiber

include whole grains and most dark green leafy vegetables, like cabbage and cauliflower.

Both types of fiber are necessary to maintain regularity and healthy bowel function. With the balanced ratio of soluble to insoluble fiber, Fiber Plus is an ideal way to achieve greater fiber intake with a balanced nutritional profile.

### Fiber Depletion

The daily recommended intake (DRI) for dietary fiber varies with gender and age, but Health Canada's reference standard is 28 g.<sup>1</sup> Other health institutions recommend up to 50 g per day.

### Psyllium Husks and Seeds

Psyllium has been found to be effective at increasing stool output and was found to improve the symptoms of occasional constipation increasing abdominal comfort and a sense of evacuation completeness, while reducing defecation effort. The laxative effect and gut-stimulatory effect of psyllium has been purported to be facilitated partially by muscarinic and 5-HT(4) receptor activation, which complements the laxative effect of psyllium's fiber content.<sup>2</sup>

### Recommended Dose

**Adults:** Mix 1 scoop briskly (14.83 g) in 270 mL of water or juice and drink immediately 1-2 times daily. Maintain adequate fluid intake. Take 2 hours before or after taking other medications. Laxative effects observed 12-24 hours after first dose, and may take 2-3 days.

## Medicinal Ingredients (per scoop)

Psyllium ( <i>Plantago ovata</i> , Husk) .....	7.65 g
Psyllium ( <i>Plantago ovata</i> , Seed) .....	1.23 g
Fig ( <i>Ficus carica</i> , Fruit).....	226.8 mg
Prune plum ( <i>Prunus domestica</i> , Fruit).....	226.8 mg

## Non-Medicinal Ingredients

Brown Rice Syrup, Natural Apple Flavour, Natural Cinnamon Flavour, Silicon Dioxide, Pectin, Rice Bran, Rebaudioside A.

## Risk Information

Consult a health care practitioner prior to use if you are taking medications which inhibit peristaltic movement (e.g. opioids, loperamide) or if you have symptoms such as abdominal pain, nausea, vomiting or fever (as these could be signs of abnormal constrictions of the gastrointestinal tract, diseases of the oesophagus and/or the superior opening of the stomach (cardia), potential or existing intestinal blockage, paralysis of the intestine, megacolon, faecal impaction, inflamed bowel or appendicitis) or after use, if symptoms worsen or if laxative effect does not occur within seven days. Consult a health care practitioner immediately if you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product. Do not use if you are experiencing a sudden change in bowel habits that has persisted for more than 2 weeks, undiagnosed rectal bleeding, or failure to defaecate following the use of another laxative product and/or if you have diabetes mellitus in which blood sugar is difficult to regulate or if you have difficulty swallowing. Hypersensitivity, such as allergy, has been known to occur following inhaled and/or ingested psyllium; in which case, discontinue use. May cause temporary gas and/or bloating.

To be sure this product is right for you always read and follow the label.

## References

1. <https://www.canada.ca/en/health-canada/services/technical-documents-labelling-requirements/table-daily-values/nutrition-labelling.html#p1>.
2. Bijkerk, Wit Nd, al MJe. Soluble or insoluble fiber in irritable bowel syndrome in primary care? Randomized placebo controlled trial. *BMJ*. 2009; 339:b3154.