

# Gastro-Fiber®

## Provides Additional Fiber to the Diet and Offers Support to the Digestive System

Dietary fiber is a term used to describe nondigestible carbohydrate substances found in the cell walls of plants. These substances have specific effects on different gastrointestinal functions. For example, several substances influence the time it takes food to travel through the intestine. Some substances help regulate the amount of water absorbed by the intestine, and others are involved with metabolizing ingested fats. The main types of dietary fiber are bran, mucilage, cellulose, lignin, hemi-cellulose, pectin, and gum. Soluble fiber helps prevent many problems that can occur in the digestive system by stimulating the regular movement of waste materials through the gastrointestinal tract. While many foods naturally contain dietary fiber, refinement and food processing remove much of this beneficial material from the foods we eat. Gastro-Fiber can add supplemental dietary fiber to your diet.†

## How Gastro-Fiber Keeps You Healthy

### *Supports healthy gastrointestinal elimination*

Psyllium is a natural laxative and stool softener that is high in soluble fiber. Apple pectin not only stimulates intestinal bacterial enzyme activity to aid in digestion but is also a soluble fiber that aids in healthy bowel elimination.†

### *Supports healthy digestive function*

Fennel stimulates gastric secretions that support a healthy digestive environment and promotes healing in the gut. In Chinese and Ayurvedic healing traditions, fenugreek has been used to support healthy digestion and metabolism.†



Introduced in 2002



**Content:**  
150 capsules

**Suggested Use:** Three capsules, three times per day on an empty stomach, or as directed.

**Supplement Facts:**  
Serving Size: 3 capsules  
Servings per Container: 50

	Amount per Serving	%DV
Calories	6	
Dietary Fiber	500 mg	2%*

\*Percent Daily Values (DV) are based on a 2,000-calorie diet.

**Proprietary Blend:** 1,250 mg  
Psyllium (husk) powder, collinsonia (root) powder, apple pectin, fennel (seed), and fenugreek (seed) powder.

**Other Ingredients:** Cellulose, water, and calcium stearate.

*Caution: If pregnant or lactating, consult your health care professional before using this product.*

**Sold through health care professionals.**

This product is part of our purification program.

*Please copy for your patients.*

**GF** This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label. **V** Vegetarian (Lacto-ovo)  
†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



# Gastro-Fiber®

## What Makes Gastro-Fiber Unique

### Product Attributes

Phytonutrients from the cell walls of plants work together to help support a number of different gastrointestinal functions

- › Combination of five different whole foods and botanicals that contain multiple nutrients and soluble fiber
- › Whole food ingredients provide nutrients plus their synergistic cofactors†

### Manufacturing and Quality-Control Processes

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety

### Vitamin and mineral analyses validate product content and specifications

- › Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Gastro-Fiber®.

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