

# Active Fiber Complex

## Digestive Health



**A**n excellent source of soluble and insoluble fiber that promotes regularity and minimizes bloating.\*

### Key Benefits

- ◆ Promotes regularity and minimizes bloating.\*
- ◆ Supports growth of friendly intestinal bacteria\*
- ◆ 5g of balanced soluble and insoluble fiber (excellent source)
- ◆ Add to Formula 1 for a thicker, smoother shake

### Product Details

- ◆ One serving provides 5g of the recommended 25 to 38 g daily intake of soluble and insoluble fiber. Most people do not meet this recommendation.
- ◆ Fiber is important for weight management and intestinal health.\*
- ◆ Available in Apple and Unflavored
- ◆ Enjoy Apple flavor with water, or either Apple or Unflavored mixed with your favorite beverage.

#### Fast Facts

- ◆ Soluble fiber attracts water and turns to gel, which moves slowly through the digestive system.
- ◆ Insoluble fiber adds bulk to the diet and appears to help food pass more quickly through the stomach and intestines which helps regularity.\*
- ◆ Soluble fiber is found in oat bran, barley, nuts, seeds, beans, lentils, blueberries, fruits with skins and dried peas. Insoluble fiber is found in wheat bran, zucchini, celery, broccoli, cabbage, onions, whole grains and root vegetable skins.

See specific product brochures or program guides for more detailed information.

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*