## Gastro-Fiber®

**Gastro-Fiber Provides Additional Fiber to the Diet and Offers Support to the Digestive System**

Dietary fiber is a term used to describe non-digestible 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 bean, 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, it is also a soluble fiber which 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. Current research shows that fenugreek can improve glucose tolerance in diabetic rodent models by delaying carbohydrate digestion and absorption while increasing insulin activity.†

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### 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

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### Supplement Facts:

<table>
<thead>
<tr>
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<th>Value</th>
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<tbody>
<tr>
<td>Calories</td>
<td>6</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>500 mg</td>
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</tbody>
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*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Intended use:**

Gastro-Fiber® Provides Additional Fiber to the Diet and Offers Support to the Digestive System.

**Suggested Use:**

Three capsules, three times daily.†

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

**Proprietary Blend:** Psyllium (husk powder), colostrum (hull powder), apple pectin, fennel (seed), and fenugreek (seed) powder.

**Vegetarian Product**

**Introducted in:**

2002

**Content:** 150 Capsules

**Vegetarian Product**

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

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Please copy for your patients

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Healthcare professionals: For more information, please call 800-558-8740 or visit www.standardprocess.com.

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