



## Good for your digestion

Bio-Fiber is a dietary supplement without added nutrients. Each tablet contains a balanced 520 mg mix of natural, soluble and insoluble vegetable fibers that are derived from lemon pectin and sugar beets which compensates for the relative low fiber content in modern diets. Bio-Fiber is useful for supporting your digestion, as it improves the body's ability to get rid of waste at the same time as supporting the bowel in emptying itself regularly and effectively.

### What are dietary Fibers?

Dietary fiber is found naturally in many raw foods. They belong to the group of carbohydrates that we do not or only to a small degree can digest, ie. break down into sugars and starches through our digestive enzymes.

### Soluble Fibers

There are two main groups of dietary fibre: the soluble and the insoluble fiber types. Soluble fibers turn into a jelly-like mass when they blend with liquids and may contain up to 15 times their own weight. A diet that includes this type of fiber adds bulk to the intestinal content and slows down the passage of food through the small intestine.

### Insoluble Fibers

Insoluble fiber can also absorb some water, but not nearly as much. This type of fiber will reduce the amount of time the food stays in the gut and, like the soluble fibers give the intestinal content more fullness.

A portion of the fiber content will to a certain extent ferment and serve as nutrients for the natural intestinal micro-flora.



### Fibre and intestinal flora

A normal gut contains about one kg and in some persons up to 2 kg intestinal bacteria distributed on typically 160 different bacteria species. These intestinal bacteria break down hard digestible proteins and carbohydrates from our diet and they are therefore dependent on a certain amount of fibrous substances in our diet. The food we eat is important for the number and distribution of different bacterial species.

In addition to processing fiber compounds from our food, these gut bacteria excrete different neurotransmitters that affect our metabolism, appetite regulation and immune defense by lymphoid cells in the intestinal mucosa.

## Bio-Fiber

### One tablet contains\*

Beet fiber	626 mg
Pectin	30 mg
Fillers and coating	67 mg
Calorie content per tablet	1,7 KJ (0,4kcal)

\* The dietary fiber content is determined by analysis annually

### Dosage

4 – 12 tablets daily as needed for adults and/or children from the age of 11 years. For satiety a larger daily dosage than the maximum recommended intake may be required.

### Important information

For optimal results: Take tablets with plenty of fluid. It may be a good idea to start with four Bio-Fiber tablets daily. Subsequently, this dosage can be increased with two tablets daily.

Bio-Fiber is ideal in combination with **Bio-Chromium** that helps to maintain normal blood sugar levels in the body.

Do not exceed recommended daily dosage.

Should not be used by pregnant or lactating women or children younger than 11 years without consulting a physician or health nurse first.

### Content

120 tablets = 87 g

### Ingredients

Soluble and insoluble fibers from sugar beets and apples.

Anticaking agents: Polyvinylpyrrolidone, magnesium salts of fatty acids, silicon dioxide

Filling agent: Microcrystalline cellulose

Coating agent:

Hydroxypropyl methylcellulose

### Storage

Room temperature.

Keep out of reach of children.

*The ingredients in this product are not organically grown. The word "Bio" merely relates to the bio-availability or biochemical organic nature of the product*

### European eating habits

European diets have changed substantially from what they used to be a century ago. About 100 years back in time, our diets consisted of grains with a high fiber content, just like fruits and vegetables constituted a substantial part of the diet. The fiber content in our diet has decreased with the increasing industrial refining of food, causing a reduction of fiber in the daily diet.

### What are the different fiber types?

**Cellulose** is the type of carbohydrate that humans are unable to digest because we do not produce enzymes that can break it down. Cellulose is found in the cell wall of plants. Good dietary sources of cellulose are fruits and vegetables. Cellulose only absorbs a small quantity of liquid.

**Hemicellulose** is an indigestible carbohydrate just like cellulose. Together with pectin it forms a matrix that encloses the cellulose fibers in the cell wall of plants.

**Pectin** is an indigestible dietary fiber that is found in most cell walls, only not in wood-like plants. The pectin content in unripe fruit is predominantly insoluble, whereas it becomes increasingly water-soluble in ripe fruit because of enzymes. Pectin is used to make e.g. jelly

**Lignin** is not considered a carbohydrate but belongs to a separate group of substances. The lignin content in the cell walls of plants varies. Lignin is the stuff that makes wood strong. Lignin is literally indigestible.

