

Naturemedies All-In-One Fiber Boost

COMBINATION DIETARY FIBRE AND WEIGHT LOSS BLEND



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Naturemedies All-In-One Fiber Boost is an all-in-one dietary fibre based colon cleanser, detoxification and weight loss supplement in a tasty, easy-to-take powder form - a natural solution for constipation, body waste cleansing and shape-up support with a special combination of psyllium husks, glucomannan, sugar beet fibre, L-Glutamine, prebiotics, probiotics, gut-soothing herbs and stevia leaf extract.

Due to its wide variety of nutrients and high fibre content, it is ideal for long-term use as a bowel cleanser and detoxifier, cell wall repair agent and an overall colon maintenance formula. It also contributes to weight loss.

Specifically formulated to contribute to an increase in faecal bulk, as well as encourage regular bowel movements, better digestion of foods, re-population of beneficial bowel bacteria, stable blood sugar levels and appetite control.

Sugar beet fibre, in particular, contributes to an increase in faecal bulk in two ways: the insoluble components of the fibre increase faecal bulk by absorbing water in the large intestine, while the soluble components are fermented by bacteria in the large intestine leading to an increase in bacterial mass. As such, this source of fibre may have a beneficial physiological effect for people who want to improve or maintain a normal bowel function.

Approved EFSA health claims:

- Sugar beet fibre contributes to an increase in faecal bulk.
- Fibre is a key ingredient to a healthy, varied and balanced diet.
- Glucomannan contributes to weight loss in the context of an energy-restricted diet. This beneficial effect is obtained with a daily intake of 3g of glucomannan in three doses of 1g each, together with 1-2 glasses of water, before meals.
- Glucomannan contributes to the maintenance of normal blood cholesterol levels. This beneficial effect is obtained with a daily intake of 4g of glucomannan per day.

About the ingredient

Psyllium whole husks: Psyllium husk is rich in soluble fibre and is therefore an ideal dietary supplement for anyone who wishes to maintain regular and healthy bowels. It is a retention fibre, which gives bulk to stools by absorbing water - as much as 20 times its own weight. This gives the bowel wall something to work on and lets it push matter through quickly via peristalsis. Fibre also stimulates natural bacteria in the bowel. Traditionally, most fibre in the average diet comes from wheat bran, but for people with food intolerances / allergies and sensitive cell walls, the rough wheat bran can cause irritation and sometimes make matters worse. When water is added to psyllium husks, a soft gel is formed, which helps unwanted waste-matter and toxins in the colon to be 'swept' through smoothly and efficiently, with no straining or discomfort.

Glucomannan: Glucomannan is a water-soluble polysaccharide that is classed as a form of soluble dietary fibre and is usually derived from konjac root. As such, it is widely used for the treatment of constipation, because it can decrease digestive transit time and is viewed as a "bulk-forming laxative". The primary purpose for its inclusion in this formula is glucomannan's potential weight loss applications, because of its ability to manage appetite (through stable blood sugar levels) and increase satiety (through the fibre content).

In one three-armed study lasting 16 weeks, 200 overweight subjects were

given a mixture of psyllium seed husks (3g) and glucomannan (1g) twice daily, the same mixture 3 times daily, or a placebo. The psyllium and glucomannan groups lost on average, 9.96 lbs and 10.14 lbs respectively compared to 1.75 lbs by the control group. The difference between the twice-daily and thrice-daily groups, was not statistically significant. The glucomannan group had increased satiety compared to the control group and LDL cholesterol was significantly reduced during the study period. The treatments were well tolerated in all groups.

An eight-week double blind trial involved 20 obese patients. A placebo or a glucomannan fibre supplement of 1 gram was given to the subjects one hour before each meal. No changes were made to the diet or exercise habits of the patients. The study found that during the eight-week period, cholesterol levels were significantly reduced, and the glucomannan group had an average weight loss of 2.5 kg.

Glucomannan has also demonstrated statistically significant improvements in the total cholesterol of obese patients. In healthy men, four weeks of taking 3.9 grams of glucomannan decreased total cholesterol, low-density lipoprotein, triglycerides and systolic blood pressure; notably, triglycerides dropped by 23%. Glucomannan may be useful as a therapeutic adjunct for type 2 diabetes, because it has been shown to improve the lipid profile and alleviate the fasting blood glucose levels of type 2 diabetics. Glucomannan also helps to increase insulin sensitivity and improves glycaemia and risk factor for coronary heart disease.

Sugar beet fibre: Sugar beet fibre has been included in this formula because it has been scientifically proven to contribute to an increase in faecal bulk in two ways: 1) the insoluble components of the fibre increase faecal bulk by absorbing water in the large intestine, while 2) the soluble components are fermented by bacteria in the large intestine leading to an increase in bacterial mass. As such, this source of fibre may have a beneficial physiological effect for people who want to improve or maintain a normal bowel function.

L-Glutamine: L-Glutamine is an important amino acid, required by the human body for many repair and maintenance functions such as: maintaining the tissue integrity of the digestive system, providing fuel to the brain, supporting the immune system, helping to maintain and repair muscle tissue, synthesising protein, providing a primary fuel source for enterocytes (the cells lining the inside of the small intestine). The digestive system wall lining is constantly being eroded and irritated by, for example, food particles, parasites, medication and yeast. Over time, small holes can develop, thereby permitting potentially harmful substances to enter the bloodstream and access other parts of the body. This is commonly referred to as "leaky gut syndrome". L-Glutamine feeds the gut wall cells, enabling constant replacement and repair and protecting against damage.

Inulin (Fructo-oligosaccharides - FOS): These are non-digestible carbohydrates or sugars that occur naturally throughout the plant kingdom in vegetables such as artichokes, asparagus, salsify, leeks, onions, garlic and chicory. Known as "prebiotics", they are non-digestible and therefore pass through the human digestive tract virtually unchanged. When the FOS reach the colon, they are used by friendly bacteria for growth and multiplication. These probiotics in the digestive tract are required for the complete digestion and absorption of nutrients, detoxification and elimination processes and help to boost the immune system. Studies in the USA and Japan have shown they also help to suppress the production of intestinal putrefactive substances and have a beneficial effect on

cholesterol levels, along with the absorption action of psyllium.

Fennel seed: A gentle warming agent for delicate stomachs, fennel is also a carminative, aromatic and anti-spasmodic. A natural digestive and gut-soother, it helps to reduce wind and regulate bowel movements.

Peppermint leaf: A well-known digestive agent, peppermint is also a carminative, anti-spasmodic, anti-septic, peripheral vasodilator and enzyme activator. A source of magnesium and potassium, it also helps to soothe the gut lining, promote gut function and regular bowel movements and reduce wind.

Ginger root: Ginger's actions include anti-inflammatory, carminative, anti-spasmodic, expectorant, vasodilator, circulatory stimulant and anti-cholesterol. It also stimulates the secretion of stomach juice, bile and lessens wind.

Bacteria cultures (Lactobacillus acidophilus, Bifidobacterium bifidum): These are the "friendly bacteria" that work for the body and help it to function properly in many ways. Health-food advocates have long recommended using probiotics to help maintain a favourable balance of "good" versus "bad" bacteria in the digestive system and colon. We all have these bacteria inside us and they are continually competing with each other for dominance. The delicate balance can be upset by many factors, such as a course of antibiotics, contaminated food and even stress. If this imbalance isn't corrected, many common bowel ailments can result. For example, loose bowels, constipation or even a *Candida albicans* yeast infection. Studies have confirmed that *Lactobacillus* bacteria and FOS are even more effective when taken together - known as the synbiotic effect.

L. acidophilus is the most commonly used probiotic. Many healthy bacteria live in the intestines and vagina where they protect against the bad bacteria that cause disease. They do this in a couple of ways. For example, when *L. acidophilus* breaks down food in the intestine, several substances are formed (such as lactic acid and hydrogen peroxide) that create an unfriendly environment for bad bacteria.

B. bifidum is a type of probiotic that lives in the intestines. It produces lactic and acetic acid in the gut. Good bacteria such as *B. bifidum* can help break down food, absorb nutrients, and fight off pathogens that might cause disease. *B. bifidum* is commonly found in the faeces of breastfed infants and is used in probiotic supplements. People use *B. bifidum* for irritable bowel syndrome (IBS) and respiratory infections. It is also used for eczema, constipation, diarrhoea, and many other conditions.

Usage:

1 serving = 5g (1 heaped teaspoon)

Take 30 minutes before a meal.

Add 1 to 2 teaspoons of powder (5g to 10g) to a small amount of water or juice (¼ of a glass). Mix slowly in all directions until it turns into a smooth paste. Stir as you add more liquid until glass is full. Drink immediately and then follow with another glass of liquid. Take 1 to 3 times daily.

NOTE: Taking without water can cause choking. Try to use a minimum of 250ml liquid per 1 heaped teaspoon.

NOTE: Contains a minimum of 36 servings per pot, based on 5g servings. 1 heaped teaspoon powder (5g) contains 1g of glucomannan.

